


# Diet *for* Health

*By* Natural Methods

Dr. Philip M. Lovell  
*and* Leah Press-Lovell



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# DIET *for* HEALTH

*by*

*Natural Methods*

TOGETHER WITH

HEALTH MENUS *and* RECIPES

*Complete Instructions  
for the Cure of the Sick  
without the use of Drugs*

*by*

DR. PHILIP M. LOVELL

*and*

LEAH PRESS-LOVELL

FIFTH EDITION

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by

DR. PHILIP M. LOVELL

1151 S. Broadway

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DEDICATED

TO HER, WHOSE PERFECT FAITH AND  
UNTIRING EFFORTS MADE  
THIS BOOK A REALITY

P. M. L.





## OBJECTIVE

During many years of practice the conclusion has been forcibly impressed upon me that the thing of paramount importance in the relationship between doctor and patient is a specific set of instructions governing the ailments of the sick one.

Our newspapers, periodicals, magazines and books are really tomes of theory—most of them in conflict with one another, few agreeing even on fundamental principles.

The result is that when the average seeker for health information is through reading them, his mind is left willy-nilly, adrift between many currents of thought. He knows not which opinion to accept, nor which advice to reject.

Far too often he quits reading such periodicals and newspaper articles in disgust, largely, because they inevitably end up, "See your physician."

He reads eagerly of his signs and symptoms, of his aches and pains. Then when he definitely determines that the description of the case fits his, he is told to see his physician for treatment.

It is this whole spirit in popular health education, especially in medical education, which has prompted this book.

You will note, as you read it, that no particular attention is paid to theoretical abstractions.

## *Objective*

The signs, the symptoms and the description of the disease, I leave to the medical theorists.

The only thing of paramount importance to the patient is, "What shall I do to get well?"

The labels and insignia attached to disease, the innumerable classifications and sub-classifications of symptoms and signs, the fine art of technical differentiation between one group and another—all may be interesting to the patient, but, in the final analysis, "What is to be done?"—Aye, that is the question!

There is scarcely a patient who does not know what is the matter with him. If he does not, he can easily find out. Most of them, however, know little or nothing about treatment—less about their method of living, their conduct, their diet, things to do and not to do.

It is for this reason that I have tersely epitomized the adjuncts of treatment in addition to dietetic instructions.

Of course, you must understand that, at its very best, a text-book of this kind is, in a sense, general. There are some cases which will not fit in all the specific details. Here the patient must use his judgment.

Whatever, by experience, he finds he can or cannot do—to that extent should he modify the outlined program detailed in this work.

In all the general advice given to patients, both in the treatment of disease and in the maintenance of health, undoubtedly the subject of diet occupies the leading position.

Unfortunately, most text-books, periodicals and newspaper articles deal with theories and abstractions.

## *Objective*

The patient is advised that, for such and such a disease, he must not eat proteins. For another disease he must not mix his starches and acids. For another, he must have no acid fruits, and so on. He is given instructions by negation and by classifications which mean very little to him.

When the average housewife prepares the daily meal for those under her charge, she concerns herself very little with such groupings as proteins, acids, fats, etc.

She usually visits the grocer, the butcher, the baker or the vegetable market, purchases what looks good to her eye and then worries about it afterward.

A vast amount of experience has taught me that the only method by means of which one can get obedience to a definite dietetic regime is to leave nothing to the imagination.

The housewife must have the detailed menu for each meal before her.

It is for this reason, the obedience to general instructions, that I have made my diet schedules specific. Then, all the housewife need do, is pin each day's menu on the wall.

Of course, I would not expect the same diet routine day in and day out, month in and month out. It is for this reason that I have appended hundreds of recipes and formulas so that the housewife may secure almost any amount of variation.

Although dietetic schedules are outlined for each disease, it is not expected that the patient adhere to

## *Objective*

these schedules indefinitely. They are intended for use only during the time the emergency exists.

As fast as recovery is made, there should be adaptation to the diet schedules advocated for the normal, healthy person. This also applies to the supplementary instructions on hydrotherapy, exercises, manipulation, et cetera. That is, after one recovers, there should be a gradual change to the general schedule advised for one in good health.

All in all, this book is intended to be a kitchen textbook for the housewife and the nurse—a bedside textbook giving instructions intelligible to any layman and applicable to the sick and the well—for all the common emergencies and ailments usually encountered.

I sincerely trust that it will serve this purpose and yield the measure of usefulness intended for it.

P. M. L.



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PART I

TREATMENT *and* DIET

*by*

DR. PHILIP M. LOVELL

*Drugless Practitioner*



# DIET *for* HEALTH

*By Natural Methods*

## CHAPTER I

### ADJUNCTS TO HOME TREATMENT

Throughout this book I have made only brief mention of office treatment for the various ailments described. This has been done intentionally as my plan is to have this book functioning as a home text-book, supplementing, and in addition to, office treatment.

The value of drugless therapy has been so well demonstrated in scores of millions of cases that it needs no further elucidation.

The science of osteopathy, of chiropractic and of similar manipulative groups is so well known that it needs no further description.

Many other forms of treatment are given in the drugless practitioner's office. There is, for instance, the Diathermy, a machine capable of producing almost any desired temperature throughout any area of the body—of great value in practically all the internal inflammations that are inaccessible by any other means.

There is the High Frequency Current, soothing and calming to the nervous—allaying pain and destroying irritation at its source.

The Morse Wave, used by many practitioners, is excellent in lifting fallen organs, in contracting relaxed tissues and in bringing structures from mal-positions to their normal internal relationship.

Then, we must not overlook the various light therapies—the Deep Therapy Lamp which opens the pores, relaxes the tissues, congests whichever area is desired,

calms the nervous system and increases the rapidity of the circulation.

Modern drugless science has also evolved the various Quartz Lights, substituting their tremendously effective ultra-violet rays when Old Sol has insufficiently supplied them to our clothes-covered bodies.

This therapeutic equipment, plus several others, constitutes a formidable array for the office treatment of disease.

Of course, many people are suffering from more than one ailment. For instance, almost every disease mentioned in this book is associated with constipation or with stomach trouble of one kind or another.

For the purpose of coherence, however, it was necessary for me to classify each ailment arbitrarily and to give instructions for it.

If a person is suffering from two or more of these ailments, and many persons are, the only thing to do to derive benefit from these instructions is to consolidate them wherever they can be consistently unified.

In the final analysis, each case is a complete set of rules unto itself and so, at its very best, this book can furnish no more than general instructions.

For further details I would advise you to visit your drugless practitioner, or, if you live in Southern California, to come and see me personally.

Further, if you have difficulty in co-ordinating the various instructions given in this volume, you are requested to write to me concerning the troubles you encounter, and whatever correspondence advice is within my power to give, I shall gladly render.

Some of the recipes published herein have also appeared in "Care of the Body" section of the Los Angeles Times, a department which I have edited for the past few years. This is the pioneer health department of any newspaper in the country, undoubtedly the most widely read, and unique, in so far as it advocates drugless, natural therapy.

## CHAPTER II

### DEFINITION OF FOOD

What is a food? When is a food not a food? What is edible and what is inedible?

This is not a purely abstract question. It is one that seriously confronts every housewife, as well as all others who are interested in the subject of diet.

The functions of food are two-fold. First and foremost, to give to our bodies the vital energy so necessary toward maintaining life; second, to replenish the tissues which are constantly being destroyed.

The efficiency of a food is measured by the degree with which food serves this double purpose.

In order to enable food to impart the vital properties to our bodies, the food itself must have been alive at some period of its existence. In its ultimate analysis, it is the transfer of the living principle from the foodstuff to our bodies.

From this first general classification, you will readily understand that, in order to be a food, a substance must have had life. This at once excludes salt, inorganic condiments, mineral substances and practically all drugs.

The next question which arises is the degree of efficiency of foods in the quality of imparting vital force to our bodies.

When a food is cooked, baked, fried, broiled, canned, preserved, denatured, extracted, or in some other manner chemically or vitally changed, the vital food principle is proportionately diminished.

The more one adds heat to food, the less life vitality it possesses. Consequently, any given food is efficient in imparting its life force to us in direct ratio as we con-



sume it in its natural state. The more we change it from its natural state, the less we benefit.

On the second principle, dealing with the efficiency of food in rebuilding our bodies, practically the same rules hold true.

The proteins, the carbohydrates, the mineral salts, the vitamins and the other food principles maintain their identity, their true nature, only in direct proportion as they are unchanged.

Add heat to a protein and you destroy it. Cook a starch and you dissolve it. Add heat to vitamins or to mineral salts and you either precipitate or destroy them.

So you see that the first basic principles in the entire study of dietetics are simplification, naturalness and freedom from the multitude of refining and denaturing processes which characterize modern civilized food preparation.

## CHAPTER III

### FOOD CLASSES

#### GRAINSTUFFS

Wheat and corn are the great national cereals. Both are wholesome, nutritious and thoroughly productive of health. Yet, both of these cereals, in the form in which they are commonly consumed, robbed of their external coats which contain the precious oils, vitamins and salts, become agents of disease rather than of health.

Whole wheat is an excellent food. White flour is a sickening food. Whole corn is a food on which any animal can thrive. Degerminated corn, as commercially purchased, is a starvation food.

Thus it goes with the entire cereal group.

Barley is sold "pearled," a process by means of which its precious outer coat is removed and the inside starch coated with talcum powder.

Rice is degerminated so that, not only in this country but even in the oriental countries where rice is the great national staple, starvation white rice is the rule.

Cereals, in order to give the greatest health value, should be natural. That is, the wheat should be whole wheat; the rice, brown rice; the barley, "unpearled" or brown barley.

The corn, oats, rye, hominy, etc., should be used "as is," in the same way as you would feed it to your cattle or hogs, only cleaned and ground to suit the taste.

## MEATS

This book is based upon vegetarian principles. Meat recipes in diets or in menus are not included.

It is necessary to explain why we do not consider meat as a health food. It is not for moral or aesthetic reasons so much as for selfishly physiological reasons that we are opposed to meat.

Meat is not a proper food for the human body. There are many reasons. A few I shall explain briefly.

First of all, meat is charged with the toxic wastes of animal elimination. Not only the terror poisons of the slaughter-house, but also the uric acid and other excrement of constant elimination are present in the meat at the time the animal is killed.

Chemically, these are called nitrogenous substances. Physiologically, they are the substances which produce auto-intoxication, Bright's Disease, rheumatism, neuritis, etc.

Meat is a constipating food, readily undergoing fermentation and putrefaction, irritating the digestive system and, in far too many cases, breaking down kidney elimination.

Meat is a stimulating food, extracting from the vital resources energy very necessary to the strength reserves.

The reaction from meat is weakness, lethargy and tiredness.

Meat is relatively a starvation food, high in protein and fats, but containing very little of the precious vitamins and mineral salts.

When the animal makes its kill, it eats all the animal it has killed, which includes lungs, brain, blood, uterus, sex organs, bladder, kidneys, intestines, pancreas, spleen, heart and, oftentimes, even the bone marrow.

When we eat meat, we invariably specialize on muscle tissue and deny ourselves the food ingredients contained in the other parts of the animal's body.

Meat is a sexual irritant, vastly increasing the sexual appetite but decidedly curtailing sexual ability.

The persistent meat-eater becomes impotent and sterile much too soon. If he consumes large quantities of it, his sexual appetite is stimulated far beyond his inherent capacity with the result that his sexual resources are rapidly drained.

Meat charges the blood with the wastes of protein decomposition. It decreases skin elimination and creates excessive skin eruptions.

Finally, the conditions under which meat is produced, the diet of the animals used, the terrible slaughter-house conditions, the inadequate cold storage laws, the rapid decomposition and fermentation after cold storage—these are some additional facts, additional reasons why we do not recommend meat.

Consequently, all the diets and menus in this book are meatless.

### FISH AND FOWL

Some people think that fish are in an entirely different class from meats.

"I don't eat meat but sometimes I have a little fish."

This is a very common statement.

Personally, I can see no difference between fish and meat—merely the habits of the creature. One travels on two or on four feet and the other swims in water.

They are consumed under identically the same conditions. Their bodies are made of similar substances.

The injurious effects of meats are paralleled by the same effects of fish.

If one desires to become a true vegetarian, it means abstinence from all flesh food whether it be meat, fish or fowl.

## EGGS

On the subject of eggs in the dietary, there is much discussion.

Undoubtedly, eggs do not have the injurious effects of meats, notwithstanding that the egg of today is the chick of tomorrow. Eggs are fairly assimilable, especially for the physical worker. However, they should be consumed only by the very healthy. Where one is suffering from digestive disturbances, kidney ailments, auto-intoxication, skin or lung disease, eggs should not be used.

They are a highly concentrated food, assimilable and digestible only by the robust.

## BUTTERS

The people of this country consume more butter per capita than the people of any other country.

Butter is quite a wholesome food, provided, of course, one gets real, unadulterated butter.

The "tricks of the trade" in the dairy industry are filled with rottenness. Re-churned butter, butter adulterants, butter substitutes, synthetic fats, chemical preservatives—the whole industry is rotten with butter adulteration.

The safest butter is that which is made at home, unsalted, unpreserved, unchanged and uncorrupted.

Starch fats, formaldehyde, refined cocoanut oils, peanut oils, stale butters, animal fats, lards—these are some of the corrupting substances of inferior grades of butter. None of them are fit for consumption.

Nut butters, that is, the butters made of almonds, walnuts or mixed nuts, are superior to the commercial type of dairy butter.

Even though the butter fat content is less, its assimilability and freedom from corruption are greater.

## CHAPTER IV

### VITAMINES AND MINERAL SALTS

For a long time the primary consideration in judging a food was the amount of protein contained in it. Many labored under the delusion that the protein of the food immediately became converted into muscle protein. This, of course, led to the idea that the greater the protein consumption, the larger and stronger the muscles.

Then, as a sequence to this false theory, we had the energy concept of fats and of carbohydrates. It did not matter how the food was prepared, what was done with it, in what manner it was changed, adulterated, polluted and altered, so long as it contained the "necessary" protein, carbohydrates and fats.

Then these were the leading food principles. To-day we understand more about food than ever before.

Many food principles have been discovered—principles which govern the essence of vitality and strength. We call these principles vitamins and mineral salts. Without them, protein, carbohydrates or fats are unavailable, unassimilable, relatively useless. They are the life principle, the guiding, motivating, activating substance in food. Excessive heat destroys them. Chemical adulteration also voids their activity.

Minute in quantity in all foods, we are beginning to understand that without these two precious substances all other food principles are practically useless.

Finally, we have definitely determined that both the vitamins and the mineral salts are found in the largest quantity, in their most available form, in fruits, vegetables, nuts and whole grains.

The human diet can be excellently made from these food classes.



## CHAPTER V

### OLD FOOD THEORIES

It is high time that we got away from the old-fashioned, thoroughly pernicious food dogmas.

Notwithstanding that the calorie theory has been a mere scientific abstraction, yet it has done more damage than any other known theory of nutrition.

Based upon the absurd presumption that every food yields the same quantity of energy inside the body that it does in a heat-testing machine, this theory has led to a false hypothesis of nutrition that has destroyed millions.

In every hospital, sanitarium or other institution in which the sick are cared for, this theory is responsible for the stuffing and over-loading processes, under the belief that the more food one eats, the greater the health and strength.

Over-feeding is responsible for more diseases than any wrong diet in which one may indulge.

The calorie theory with its vicious doctrine of food energy is responsible for it. It is not the quantity of food which is taken into the body that determines the amount of energy and strength. Rather, it is only that portion which is used by the body, which is assimilable and capable of being converted into tissue and strength.

Every doctor knows that more than this minimum quantity ferments, decays and putrefies in the digestive system, leading to a host of complaints headed by gaseous fermentation, heart-burn, constipation, abdominal distress, etc.

The next theory which has done incalculable harm is the so-called "balanced ration."

A few "research workers" somehow arrived at the conclusion that the human body must have so much protein, so much carbohydrates and so much fats.

Through a great deal of publicity, the public was educated to this belief.

The efforts toward securing the "necessary" protein and carbohydrates have, oftentimes, been ludicrous but more often tragic.

People have consumed unwarranted quantities of these foods in the effort to comply with the abstract theories.

Protein-poisoning and starch-stuffing are present with nine out of every ten patients.

The "balanced ration" is found nicely balanced in each item of food classified as natural. The efforts toward maintaining the balanced ration by the ingestion of pure proteins in the form of meats, fish, eggs, fish and fowl, pure starches in the form of white flour, sugar and synthetic sweets, have produced genuinely pitiable conditions.

Every natural food in the fruit, vegetable and legume kingdoms, contains a well balanced proportion of proteins, carbohydrates, fats, mineral salts, vitamins and water.

This natural balanced ration is the only balanced ration suitable for the human body. All theories contradictory to these evident facts are undoubtedly false and injurious.

Then we find such pernicious theories as the fact that the human body can go no longer than two or three days without food or that meals must be regular and three per day.

We know, as a fact, that the periodic short fast as taught either by the ancient religions or by modern



scientific tenets, is conducive to the maximum of health and is, in no sense, injurious.

We also know that the "three-squares-per-day" system has again and again been conducive to over-eating and stuffing, with their resultant evils in the form of periodic acute stomach and digestive attacks.

## CHAPTER VI

# RELATION OF FOOD TO HEALTH AND DISEASE

We are what we eat. This is axiomatic. Our bodies are made of the food we had yesterday, the day before and the countless other days before, from the time of our birth and even prior to that.

It is utterly impossible to build a good quality body on a poor quality food. We cannot eat what we please and "get by" with it. This should be understood by everyone.

In exactly the same sense, it is an utter impossibility to either secure or maintain good health on a poor diet.

There is not a disease of mankind, which, at some point or other, cannot be traced to the fallacies and the foolishnesses of diet.

More and more, modern investigation and research are discovering that certain foods have either a definite health value or are clearly productive of disease.

For instance, meats have long been known to injure the kidneys, to create skin eruptions and to retard normal bowel elimination. White flour products, including hot cakes, waffles, doughnuts, pastries, commercial pies, cakes, breadstuffs, muffins, etc., are known to ferment in and to irritate the digestive system.

They are the most fertile causes for the production of gas, heart-burn and abdominal pressure, ultimately producing such serious diseases as tumors, cancers, ulcers, chronic catarrhs, chronic constipation, nervousness, headaches and impairment of hearing or sight.

White refined sugar, appearing in a multitude of products, candies, jells, jams, cakes, pastries, ice creams,

flavors, extracts, some canned goods, etc., is known for its lime-leaching, bone-destroying, gas-producing and fermenting properties.

The host of stimulants in the form of coffee, tea and soft drinks takes its toll of health and vitality.

Tea and coffee, like all other stimulants, induce a reaction of lethargy, nervousness, insomnia, gastritis and constipation.

Soft drinks, with their poisonous carbon dioxide gases and aniline dyes, their synthetic coal tar flavors and high concentration of white, refined sugar, are utterly unfit for human consumption.

One could not successfully raise guinea pigs or rabbits on such stuff!

There is no justification, outside of the almighty dollar profit, for their presence in the human dietary.

Thus it goes on with each food. It is either good or bad, natural or unnatural, adulterated or unchanged.

When we learn to build our bodies with the same careful precision and the same scientific accuracy with which the modern builder constructs his houses, automobiles or boats, then diseases due to wrong diet will be reduced to a minimum.

## CHAPTER VII

### ANEMIA

This is a disease in which there is either too little blood or a deficiency in red corpuscles or hemoglobin (red substance which constitutes the most important part of the red cells).

It is due to the inability of the blood-forming organs, bone-marrow and spleen, to manufacture the quantity and the quality of cells that the body requires.

Usually it comes secondary to other diseases such as constipation, tuberculosis, Bright's Disease, nephritis, etc.

The measures necessary to overcome it, besides the diet mentioned herewith, are as follows:

- (a) Nude sun baths, starting with three minutes, gradually increasing until one is taking three periods of one hour each throughout the day. (See Instructions on Technique, page 118.)
- (b) Two periods of one and one-half hours each of rest and relaxation, preferably sleep. Remove the shoes, loosen the clothing, relax the mind and lie down about ten a.m. and three p.m. with every expectation of sleeping.
- (c) The best immediate exercise is walking. Start with one or two city blocks. Gradually increase within the limit of fatigue until you are walking five or six miles. Do not over-exert yourself. While walking, train to normal posture and deep breathing. Correct

posture is: Head up, chin in, chest high, weight on the balls of the feet.

Do not wear corsets or tight belts.

To begin with, breathing should be slow, rhythmic and deep, measuring eight to ten complete respirations per minute.

- (d) There should be no late hours—bedtime nine-thirty.
- (e) The mental life should be calm, quiet, easy, devoid of excitement.
- (f) There should be no sexual intercourse for months at a time. The seminal fluid carries with it too much strength to lose.
- (g) Sleep outdoors or, if impractical, with the head of the bed directly adjacent to a wide-open window.
- (h) Office treatment.

#### SAMPLE THREE-DAY DIETARY FOR ANEMIA

##### *First Day*

- Breakfast* . . . . Prune juice.  
Oats, cream and honey.  
Milk.
- Noon* . . . . . Combination salad of lettuce, tomato, corn scraped from cob, string beans.  
Dressing.  
Spinach.  
Baked squash.
- Evening* . . . . . Combination salad of lettuce, shredded cabbage, cream dressing.  
Olives.  
Celery soup.  
Steamed carrots and peas.  
Baked zucchini (Italian squash).

*Second Day*

- Breakfast* . . . . Fig juice.  
Persimmons.  
Nuts and dates.
- Noon* . . . . . Vegetable salad of lettuce, tomatoes,  
carrots, beets, onion, celery, asparagus  
Dressing.  
Cauliflower.  
Baked beets.  
Baked egg plant.
- Evening* . . . . . Combination salad of a mixture of  
fruits, orange, apple, celery, peach,  
pear, dates and nuts. Honey dress-  
ing.  
Prune whip.  
Stuffed prunes with cottage cheese.  
Dried fruit and nuts.

*Third Day*

- Breakfast* . . . . Fruit juice.  
Hominy.  
Cream and honey.
- Noon* . . . . . Salad of sliced tomatoes, with a dress-  
ing of chopped olives, pimento, celery  
and mayonnaise.  
Vegetable soup.  
Asparagus on whole wheat toast.
- Evening* . . . . . Combination salad of steamed green  
peas, raw apples chopped fine, celery  
chopped fine, young beets steamed  
and cubed, mayonnaise dressing.  
Baked egg plant.  
Stuffed tomato with asparagus tips.  
Baked apples and bananas.

## CHAPTER VIII

### ACUTE APPENDICITIS

This disease is also usually associated with intestinal inflammation except that the symptoms are acute and much more severe.

Instructions are as follows:

- (a) Absolute fast with the exception of water.
- (b) One glass of distilled water every hour.
- (c) Three high enemas per day with the same technique as in chronic appendicitis.
- (d) Cold water towel applications over the entire abdomen, changed every ten minutes.
- (e) Complete rest in bed. Absolutely no exercise, emotional strain, worry or other disturbing influences.
- (f) Turn patient to the more comfortable side. Knead the muscles on the lumbar area (small of the back). Do not, under any circumstances, massage the abdomen. This should be left to a trained osteopathic or chiropractic technician as abdominal massage improperly done may be dangerous.

## CHAPTER IX

### CHRONIC APPENDICITIS

This is usually associated with a condition of chronic inflammation of the intestines. Its origin is purely dietetic. Its cure is intimately related with the problem of adequate elimination.

As auxiliaries to the diet, the following measures are applicable to it:

- (a) Drink one glass of warm distilled water every hour.
- (b) Twice per day, in addition to the natural bowel action, take a high enema, inserting a soft rectal tube eight or ten inches into the rectum. Inject one quart of water at body temperature. Discharge. Inject the second quart. Discharge. Then inject four ounces of cold water. Retain for three to four minutes, shifting position so as to permit the cold water a free circulation. Discharge.
- (c) Each night before retiring give the entire abdomen a deep manipulation. However, be sure to start from the extreme left side and become more and more cautious as you approach the right side. Do not dig the fingers into the area of pain. Stop just short of painful sensations.

The objective is to loosen the fecal wastes where they adhere to the intestinal walls and thus create copious bowel action the following morning. Avoid abdominal and pelvic exercises until the symptoms cease.

- (d) Office treatment.



SAMPLE THREE-DAY DIETARY FOR CHRONIC  
APPENDICITIS

*First Day*

- Breakfast* . . . . Orange juice.  
Seedless grapes.  
Pears.
- Noon* . . . . . Salad of cantaloupe, raspberries, pineapple. Dressing of orange juice, nut butter and honey.  
Grated apples, nuts and honey.  
Dates.
- Evening* . . . . . Salad of finely chopped spinach, endives, watercress, onion and tomato.  
Dressing of lemon juice, honey and oil.  
Grated carrots and dates.  
Nut cream dressing.  
Baked potato.

*Second Day*

- Breakfast* . . . . Fruit juice.  
Sliced oranges.  
Grated cocoanut.  
Fresh figs.
- Noon* . . . . . Sliced tomatoes, radishes, watercress, celery, corn cut from cob, finely chopped parsley and onion.  
Dressing of lemon juice, honey and oil.  
Dried fruit.
- Evening* . . . . . Ground beets seasoned with honey.  
Watercress and sliced tomatoes.  
Dressing of lemon juice, honey and oil.  
Steamed spinach.  
Rhubarb sauce sweetened with honey.

*Third Day*

*Breakfast* . . . . Fresh fruit salad.

*Noon* . . . . . Salad of watercress, spinach chopped  
fine, tomatoes, raisins. Dressing of  
lemon juice, honey and oil.  
Dried fruits.

*Evening* . . . . . Salad of cucumber, onion, tomato.  
Dressing of lemon juice, honey and  
oil.  
Tomato stuffed with pineapple and  
celery.  
Mayonnaise dressing.  
Dates and dried pears.

## CHAPTER X

### ASTHMA

In this disease the bronchial tubes conducting the air to and from the lungs are choked with mucous. The mucous membrane lining the bronchi is engorged and inflamed.

The "panting" which comes in asthma is due to the inability of the lungs to discharge the respiratory gases. This is one phase of the pathology of asthma. The other is the improper breathing characteristic of every asthmatic.

The directions appended herewith are two-fold: for the acute attack and for treatment applied for its permanent cure during the intervals when one is free from attack.

#### DURING ACUTE ATTACK

- (a) Wash bowels freely with high enema.  
(See Instructions on Technique, page 122.)
- (b) Apply hot applications over the entire abdomen, one right after the other, as fast as they cool, up to two hours or until some relief is given.
- (c) Place a cold towel around the neck.
- (d) Induce perspiration by any one of several means.

If a sweat cabinet is handy, place the patient inside and let him perspire freely for twenty minutes.

If this is not available and if you have an electric pad on hand, encase the entire torso in this pad, keeping it on until he perspires freely for twenty minutes or half an hour.

If this is not on hand, cover the patient with a number of woolen blankets. Apply

hot water bottles to the feet and to the abdomen until perspiration is induced.

After the pores have been opened and the patient has been allowed to perspire twenty minutes to half an hour, give him a tepid-water sponge bath.

- (e) Make a "tent" of a few towels or of sheeting sufficiently large to permit the patient's head to get inside. Heat a tea-kettle with four quarts of water to which have been added four ounces of eucalyptus oil. Permit the escaping steam to flow into the improvised "tent" and allow the patient to breathe the steam and oil.
- (f) Absolutely no food of any kind is permitted during acute attack.

#### TREATMENT DURING INTERVALS WHEN PATIENT IS FREE FROM ATTACK

- (a) Starting with three minutes the first day in the morning and evening, increase abdominal and pelvic exercises one minute each day until taking half an hour in the morning and ten minutes at night.

These exercises should be confined principally to floor work.

Lie on the back and rhythmically raise one foot and one hand. Breathe deeply from the abdomen. Alternate with the other foot and hand.

Get in crouching position. Raise up. Repeat. Get in crawling position on hands and feet. Crawl the full length of the room several times until tired. There are several dozen other abdominal exercises. All of them are good, provided they call into play the muscles of the abdomen and pelvis.

- (b) Nude sun baths in two periods of two hours each. (See Instructions on Technique, page 118.)
- (c) A morning shower starting at tepid temperature and ending cold. The value of this morning shower is greatly enhanced by a heavy friction rub with a coarse Turkish towel, given until the skin glows pink. (See Instructions on Technique, page 117.)
- (d) Deep breathing and correct posture. (See Instructions on Technique, page 120.)
- (e) One period of rest and relaxation daily.
- (f) Outdoor sleeping, or if this is impractical, the head of the bed should be placed adjacent to wide-open windows.
- (g) Sports such as mountain-climbing, swimming, tennis, golfing or skating.
- (h) Office treatment is exceedingly valuable. Then, between attacks, follow diet given.

#### TYPICAL THREE-DAY DIET FOR ASTHMA

##### *First Day*

- Breakfast* . . . . Grapefruit and honey.  
 Orange and avocado mixed with  
 shredded cocoanut and honey.
- Noon* . . . . . Sliced tomatoes.  
 Young green onions, radishes.  
 Steamed spinach.  
 Steamed beets.  
 Dates and raisins.
- Evening* . . . . . Raw combination salad of watercress,  
 tomatoes, olives, green onions.  
 Dressing of lemon juice, honey and  
 corn oil.  
 Vegetable soup.  
 Swiss chard (steamed).  
 Corn on cob flavored with sweet but-  
 ter.

*Second Day*

- Breakfast* . . . . Prunes (steamed).  
Sliced oranges, pineapple, dates and raisins.
- Noon* . . . . . Combination salad. On a bed of lettuce place sauerkraut, grated carrots, sliced tomatoes.  
Plain dressing (made without egg).  
Celery soup.  
Artichoke.
- Evening* . . . . . Cabbage salad.  
Steamed Brussel sprouts.  
Fresh peas.  
Baked apple (may be sweetened with honey).

*Third Day*

- Breakfast* . . . . Rhubarb juice (honey sweetened).  
Apple and celery salad.  
Dates.
- Noon* . . . . . Vegetable salad of lettuce, cubed beets, peas, asparagus, carrots.  
Plain dressing (honey, lemon juice and oil).  
Fresh string beans.  
Baked Irish potato or sweet potato.
- Evening* . . . . . Salad of mustard greens, watercress, green pepper, tomatoes. Chop mustard greens and green peppers fine.  
Dressing of lemon juice, honey and oil.  
Steamed bean sprouts.  
Tomato sauce.  
Steamed peas and parsnips.

## CHAPTER XI

### BILIOUSNESS

This is usually associated with vomiting of bile and green-colored mucous, with nausea and vertigo.

As a rule, the attacks come periodically, sometimes with headache but always with a feeling of extreme weakness bordering on exhaustion.

The remedies are apparent. Nature wants to get rid of physiological debris, the wastes accumulated in the intestinal system. Consequently, measures intended to foster elimination are most desirable. They are as follows:

- (a) Induce vomiting by one of several means. (See Instructions on Technique, page 124.)
- (b) One glass of distilled water every half hour.
- (c) Absolute fast until the acute symptoms subside.
- (d) A twenty-minute daily abdominal massage with special emphasis over the liver area.
- (e) Induce perspiration by one of several means. (See Instructions on Technique, page 125.)
- (f) Three high enemas per day. (See Instructions on Technique, page 122.)
- (g) Complete physiological rest in bed.
- (h) Office treatment.

After recovery from temporary attack, follow diet given.

## SAMPLE THREE-DAY DIETARY FOR BILIOUSNESS

*First Day*

*Breakfast* . . . . Rhubarb drink. (See cook book section for recipe.)

*Noon* . . . . . Sliced tomatoes.  
Vegetable broth.

*Evening* . . . . . Salad of Swiss chard, spinach, carrots, tomatoes.

Dressing of lemon juice, honey and oil.

Raw tomato soup. (Wash tomatoes. Put through sieve.) Add lemon juice and bit of honey.

Celery.

Apple and raisin salad. Cream dressing. (See cook book section for recipe.)

*Second Day*

*Breakfast* . . . . Celery drink. (See cook book section.)

Salad of apples, celery, raisins, nuts.

*Noon* . . . . . Salad of lettuce, parsley minced, cucumber.

Dressing of lemon juice, honey and oil.

Stuffed tomato with some salad.

Steamed spinach.

*Evening* . . . . . Salad of watercress, green pepper, tomato.

Dressing of lemon juice, honey and oil.

Baked spinach.

Steamed parsnips.



*Third Day*

- Breakfast* . . . . Pineapple drink. (See cook book section.)  
Berries and honey (whichever berries are in season, otherwise use berries canned the Health way).  
Dates.
- Noon* . . . . . Salad of watercress, grated turnips and lettuce.  
Corn on cob (flavored with sweet butter).  
Apple sauce (sweetened with genuine maple syrup).  
Stuffed celery. (See cook book section.)
- Evening* . . . . . Salad of sliced tomatoes. A mound of grated carrots on one slice and grated beets on the other.  
Baked vegetable dish. (See cook book section.)  
Steamed asparagus.

## CHAPTER XII

### HIGH BLOOD PRESSURE

There is no doubt in my mind but that auto-intoxication and worry are the two principal factors for the production of high blood pressure. Therefore, all our efforts should be directed in this double field of action.

Mental treatment of any kind is thoroughly beneficial, in so far as it frees the patient from the dread ravages which have destroyed more people than all other injurious elements combined—namely, fear and worry.

For the physical measures I recommend the following:

- (a) If the blood pressure is dangerously high, say two hundred (200) or over, systolic, there should be complete rest and quiet in bed. If it is below two hundred (200) but still high, there should be two periods of two hours each of complete rest and quiet.
- (b) If constipation exists, as it usually does, two enemas per day. (See Instructions on Technique, page 122.)
- (c) There must be no late hours, as adequate sleep is vitally necessary.
- (d) No sexual intercourse until the blood pressure is within the bounds of safety—one hundred and sixty (160) or less.
- (e) Every psychological means must be used to rid the mind of fear and worry.

- (f) Avoidance of all physical strain. No heavy lifting, pushing or work to the point beyond fatigue. All labors must be mild and completely devoid of strain.
- (g) The bath, preferably a shower, should be at body temperature, avoiding extremes in either direction.
- (h) Above all, and more important than all other instructions combined, there must be no HEAVY MEALS. Eat just barely enough to satisfy hunger, leaving the table feeling as if you could eat "just a wee bit more."

Invariably the fatal consequences of high blood pressure come after a dietetic feast.

- (i) Besides the diet mentioned, especially if one be overweight, it is thoroughly advisable to go on a thirty-six-hour fast approximately once per week.
- (j) Office treatment.

#### SAMPLE THREE-DAY DIETARY FOR HIGH BLOOD PRESSURE

##### *First Day*

- Breakfast* . . . . Apples or pears.  
                               Nuts and dates.
- Noon* . . . . . Sliced tomatoes.  
                               Stuffed celery. (See cook book section.)  
                               Vegetable soup. (See cook book section.)  
                               Flaxseed crackers (Cubbison's).
- Evening* . . . . . On bed of lettuce place sliced tomatoes and cucumbers.  
                               Snappy dressing. (For recipes, see cook book section.)  
                               Steamed Italian squash.

*First Day—Evening (Continued)*

Corn on cob.  
 Cream of tomato soup.  
 Whole wheat bread.

*Second Day*

*Breakfast* . . . . Mashed strawberries and honey.  
 Fresh figs.  
 Dates and nuts.

*Noon* . . . . . Salad of shredded cabbage. Cream  
 dressing. (See cook book section.)  
 Stewed tomatoes.  
 Whole wheat crackers (Cubbison's or  
 home-made).

*Evening* . . . . . Salad of lettuce, steamed beets, as-  
 paragus.  
 Mayonnaise dressing.  
 Spinach.  
 Scalloped carrots.  
 Baked apple and raisins.

*Third Day*

*Breakfast* . . . . Prune juice.  
 Apple sauce and dates.  
 Fresh figs.

*Noon* . . . . . Sauerkraut.  
 Sweet corn on cob.  
 Steamed beets.  
 Corn soup. (See cook book section.)  
 Bran bread.

*Evening* . . . . . Salad of lettuce, grated carrots and  
 turnips.  
 Steamed cauliflower.  
 Steamed asparagus on whole wheat  
 toast.  
 Date pudding. (See cook book sec-  
 tion.)

## CHAPTER XIII

### LOW BLOOD PRESSURE

As a rule, this is associated with general physical weakness, low muscle tone, sedentary work and poor vitality.

Low blood pressure is not a disease. It is merely a symptom of a general systemic condition indicating impoverished vital resources.

On the other hand, low blood pressure is not inconsistent with perfect health.

All in all, it is better to have low blood pressure than high.

In so far as low blood pressure is a symptom of a systemic disease, the measures I am giving for raising blood pressure are similar to the measures taken to raise general strength. They are as follows:

- (a) Twenty minutes of fairly strenuous exercises—bending, squatting, crawling, floor work of all kinds, and, if practical, a brief morning trot.
- (b) A morning cold shower, using no warm water whatsoever.
- (c) One hour per day, a semi-strenuous sport such as tennis, swimming, etc.
- (d) Practically all day long outdoors.
- (e) Outdoor sleeping and ample fresh air at all times.
- (f) Correct posture and breathing. (See Instructions on Technique, page 120.)
- (g) Complete sexual continence until the energies are increased.
- (h) Minimum of ten hours per night sleep.
- (i) Freedom from worry or from other negative mental influences.
- (j) Office treatment.

TYPICAL THREE-DAY DIETARY FOR LOW BLOOD  
PRESSURE

*First Day*

- Breakfast* . . . . Fig juice.  
Whole wheat toast.  
Soft-boiled eggs.  
Coffee substitute, honey or maple  
syrup sweetening.
- Mid-Morning* . . Milk.
- Noon* . . . . . Combination salad of finely shredded  
lettuce, spinach, watercress, grated  
carrots.  
Dressing of mayonnaise.  
Buttered asparagus.  
Baked beets.  
Whole wheat bread with nut or dairy  
butter.  
Date and banana whip. (See cook  
book section.)
- Mid-Afternoon* . Milk.
- Evening* . . . . . Salad of apple, avocado, banana, nuts,  
dried figs (cut up) on bed of lettuce.  
Mayonnaise dressing.  
Spinach soup. (See cook book section.)  
Whole wheat nut bread and butter.

*Second Day*

- Breakfast* . . . . Acid fruit juice.  
Cantaloupe filled with berries and  
honey.  
Figs and nuts.
- Mid-Morning* . . Milk.
- Noon* . . . . . Grated carrots, banana sauce.  
Asparagus on whole wheat toast.  
Tomato cream soup. (See cook book  
section.)  
Flaxseed crackers (Cubbison's).

*Evening* . . . . . Salad of cottage cheese, chopped green onion, chopped radishes. Mix lemon juice, honey and oil dressing through the radishes and onions.  
 (Use mayonnaise dressing and raisins, if desired.)  
 Corn on cob.  
 Scalloped vegetable dish. (See cook book section.)  
 Apple sauce.  
 Whole wheat bread and butter.

*Third Day*

*Breakfast* . . . . . Watermelon.  
 Peaches and figs. (Cream may be used.)  
 Honey and milk.  
 Dates.

*Mid-Morning* . . Milk.

*Noon* . . . . . Cabbage salad.  
 Cream dressing. (See cook book section.)  
 Steamed squash.  
 Carrots and peas.  
 Flaxseed crackers (Cubbison's).

*Mid-Afternoon* . Milk.

*Evening* . . . . . Fruit cocktail of diced oranges, pineapple, grapefruit, dates.  
 Honey dressing.  
 Stuffed celery with avocado. (See cook book section.)  
 Puree of spinach. (See cook book section.)  
 Peas and parsnips (steamed).  
 Baked asparagus.  
 Baked apple and banana (dessert).

## CHAPTER XIV

### BRIGHT'S DISEASE

Bright's Disease, sometimes called nephritis, is usually indicated by the presence of albumin in the urine. Albumin is an essential ingredient of normal metabolism. As such, it should not be thrown out in the urine.

The treatment will depend largely upon the stage.

If the patient is dropsical, more advanced measures must be taken. If the condition is mild, there is no reason whatsoever why one cannot go on with ordinary business activities.

The following measures are recommended:

- (a) Nude sun baths. (See Instructions on Technique, page 118.) As soon as the body becomes adapted to the sun so that there is no longer danger of sunburn, take all that you have time for. I have patients taking as high as six or seven hours per day for this condition with truly marvelous results.
- (b) The skin, physiologically being a direct assistant to the kidneys, must be kept open at all times. Perspiration must be induced for, at least, ten to fifteen minutes daily. (See Instruction on Technique, page 125.)
- (c) One glass of distilled water every hour.
- (d) Complete sexual continence until recovery is made.
- (e) Avoidance of over-exertion. Physical activity should be confined largely to walking. Severe exercises or any other physical activity



which involves great muscular strain or undue fatigue should be avoided.

The daily regime of life should be as quiet, unemotional, uneventful and peaceful as possible.

- (f) If dropsy has settled in the feet, raise the foot of the bed about four inches for sleeping.
- (g) Besides the diet given, if a dropsical condition exists, a weekly fast of thirty-six hours is usually very advisable.
- (h) A daily tepid shower.
- (i) One period of, at least, an hour midday rest and relaxation. (See Instructions on Technique, page 123.)
- (j) Office treatment.

#### SAMPLE THREE-DAY DIETARY FOR BRIGHT'S DISEASE

##### *First Day*

- Breakfast* . . . . Orange juice.  
 Peaches.  
 Apricots.  
 Figs and walnuts.
- Mid-Morning* . . Milk.
- Noon* . . . . . Fruit salad of orange, pear, banana, berries.  
 Cocoanut, honey.  
 Persimmon.  
 Dates and Brazil nuts.
- Mid-Afternoon* . Milk.
- Evening* . . . . . Raw salad of chopped spinach, touch of garlic, tomatoes, grated carrot.  
 Plain dressing of lemon juice, honey and oil.  
 Young green onion, olives, celery.  
 Apple and celery salad, raisins, honey.  
 Mayonnaise.

*Second Day*

- Breakfast* . . . . Fig juice.  
Melon.  
Berries, cocoanut and honey.
- Mid-Morning* . . Milk.
- Noon* . . . . . Salad of grated carrot, ground nuts.  
Mayonnaise.  
Sliced tomatoes.  
Radishes, olives.
- Mid-Afternoon* . Milk.
- Evening* . . . . . Watermelon.  
Stuffed tomato with celery, pineapple,  
grated nuts. Mayonnaise.  
Stuffed avocado with tomato pulp,  
minced parsley.

*Third Day*

- Breakfast* . . . . Prune juice.  
Fresh figs.  
Prunes.  
Dates and nuts.
- Mid-Morning* . . Milk.
- Noon* . . . . . Lettuce and tomatoes, parsley minced,  
green onions.  
Plain dressing of lemon juice, honey  
and oil.  
Raw tomato soup.  
Cabbage. Cream dressing.
- Mid-Afternoon* . Milk.
- Evening* . . . . . Grated turnips, grated onion, grated  
carrot.  
Plain dressing of lemon juice, honey  
and oil.  
Broth.  
Avocado salad.  
Dried fruit.

## CHAPTER XV

### CANCER

Cancer is curable, except sometimes in the very last stages.

The method is simple indeed. Based on the assumption that the cancer cell is a parasitic cell, the method is merely to remove the source of nutrition.

If the cancer is internal, frequent fasts of various durations are necessary. All fasts of more than two or three days should always be under expert supervision.

During the fast, enemas should be taken at least once a day. See instructions on enemas, page 122.

Breast cancers and epitheliomas (skin growths) should also be accompanied with a daily three to four-hour sun bath. See instructions on sun baths, page 118.

In cancer, a long fast is more advisable and much more effective than a short one. The duration, of course, will have to be left to the practitioner who understands the conduct of the fast.

The main thing for you to know is that the extended fast is the foundation upon which the drugless cure of cancer is built.

#### THREE-DAY MENU FOR CANCER

##### *First Day*

*Breakfast* . . . . Orange juice.

Half-hour later—Fruit, fruit and nuts  
or fruit juices.

- Noon* . . . . . Salad of shredded lettuce, watercress, tomato, minced green onion or garlic. Dressing of lemon juice, honey and oil.  
Steamed parsnips and peas.  
Baked banana squash.  
Whole wheat bread and nut butter.
- Evening* . . . . . Salad of watercress, ground carrots and raisins, mixed. Dressing of lemon juice, honey and oil.  
Sprinkle ground nuts over top.  
Vegetable purée.  
Carrot loaf with tomato sauce.  
Steamed asparagus.  
Whole wheat toast.

### *Second Day*

- Breakfast* . . . . . Prune juice.  
Salad of orange, avocado, apple and nuts.  
Dressing of honey.
- Noon* . . . . . Salad of stuffed tomato.  
Asparagus on whole wheat toast with mushroom sauce.  
Buttered beets.
- Evening* . . . . . Salad of shredded lettuce, minced parsley, celery, cucumber. Dressing of lemon juice, honey and oil.  
A dash of mayonnaise on top.  
Steamed zucchini and tomato, butter sauce.  
Baked potato.  
Dried figs or prunes and nuts.

*Third Day*

- Breakfast* . . . . Orange juice.  
One hour later—Whole grain cereal,  
cream and honey.
- Noon* . . . . . Salad of shredded cabbage and car-  
rots.  
Dressing of orange juice and olive  
oil.  
Baked eggplant.  
Steamed spinach.
- Evening* . . . . . Salad of hearts of lettuce and quar-  
tered tomatoes.  
Dressing of lemon juice, honey and  
oil.  
Cream of asparagus soup.  
Baked vegetable dish.  
Whole wheat bread and nut butter.  
Baked apple with raisins and nuts.

## CHAPTER XVI

### CATARRH

Since mucous discharge is the only phenomenon in this ailment, all methods for mucous elimination should be followed. Of course, the dietetic measures are by far the most important.

In addition, all avenues of elimination must be brought to top-notch capacity.

Usually catarrh is associated with constipation. Therefore, please refer to constipation instructions as well.

The skin, kidneys, bowels and, above all, the lungs, must each eliminate their full quota of toxins.

The diet will usually secure copious bowel action. In addition, I would recommend the following:

- (a) Sun baths (see Instructions on Technique, page 118) up to one hour daily.
- (b) Active perspiration should be induced for, at least, half an hour daily either by calisthenic exercises, by the indulgence in a fairly strenuous sport or by some other physical activity which will produce perspiration.
- (c) A daily tepid shower, to be terminated by a cold shower provided adaptation has taken place. (See Instructions on Technique, page 117.)
- (d) The nose and head will clear up very rapidly if deep breathing is followed. Get into the open air. Blow the nose clear of mucous. For five minutes three times per day inhale

as deeply as possible through one nostril, breathing deeply from both chest and abdomen. Alternate with the other nostril.

- (e) Take long walks—rapid, full strides. Consciously apply deep respiration, approximately eight to ten per minute. Follow this so persistently that it becomes an unconscious habit.

For this purpose, correct posture (see Instructions on Technique) is vitally essential.

- (f) If the ears seem to be “choked up,” one can clear them by forcing the air through the Eustachian tube into the ears. This is done by closing the nostrils and mouth and blowing the air under compression through the ears. Do this two or three times per day for no more than five to ten seconds each—just sufficiently to inflate the Eustachian tube.
- (g) All forms of dissipation such as late night hours, excessive sexual intercourse, alcoholic drinking or worry are bound to retard progress.
- (h) If the symptoms become acute, if breathing is difficult or if the head becomes “choked,” a twenty-minute hot sitz bath (see Instructions on Technique, page 119) will usually give relief.

A cold-water pack around the neck (see Instructions on Technique, page 116) should be applied nightly.

- (i) Office treatment.

### THREE-DAY DIETARY FOR CATARRH

## First Day

*Breakfast*. . . . Orange juice.

## Apples

Pears.

Raisins.

*Noon* . . . . . Raw salad of lettuce, tomato, celery,  
green pepper.

Plain dressing.

Steamed spinach.

Stewed tomatoes.

*Evening* . . . . Sliced tomatoes.

Plain dressing of lemon juice, honey and oil.

Celery, radishes.

Steamed carrots and peas.

### Baked beets.

## Second Day

*Breakfast. . . .* Rhubarb juice (see cook book section).

Salad of grapefruit cut up, orange,  
cocoanut.

Honey dressing (see cook book section).

Dried fruits; choice of figs, prunes or apricots.

Noon . . . . . Watercress, tomatoes, cucumber.

Plain dressing of lemon juice, honey and oil.

### Stuffed celery, radishes.

Corn on cob, melted butter.

Apple sauce flavored with honey.

*Evening . . . .* Raw salad of ground beets.

Honey dressing.

Steamed asparagus.

Baked apple flavored with honey.



*Third Day*

- Breakfast* . . . . Fruit juice, fig, prune or raisin.  
Salad of apples, celery, raisins, pineapple.  
Dates.
- Noon* . . . . . Combination salad of sliced cucumber, chopped onion, tomato cut up in small pieces.  
Plain dressing of honey, lemon juice and oil.  
Vegetable broth (see cook book section).  
Steamed string beans.
- Evening* . . . . . Cabbage salad using shredded cabbage, finely chopped cucumber, green pepper and ripe olives.  
Plain dressing of lemon juice, honey and oil.  
Stuffed tomato (see cook book section).  
Baked carrot loaf (see cook book section).

## CHAPTER XVII

### COLDS

A cold is Nature's acute method of toxin elimination. Instead of suppressing it with medicines and drugs which prevent the poisons from being discharged, it would be to our best interests to assist this toxin elimination as best we can.

During the acute cold it is best to eat as little food as possible. Live on fruit juices and vegetable broth, or have nothing but distilled water.

In addition to diet I would recommend:

- (a) A nightly sweat, preferably by the addition of extra quantities of bed clothes. (See Instructions on Technique, page 125.)
- (b) A warm lemonade made of water, lemon juice and honey to be taken before retiring.
- (c) During the acute period, a warm sitz bath each night. (See Instructions on Technique, page 119.)
- (d) If the throat, nose and head have clogged up, a cold application around the neck.
- (e) A nightly enema, irrespective of natural bowel movement, during acute period.
- (f) Office treatment.

#### TEMPORARY DIET DURING A COLD

##### *First Day*

*Breakfast.* . . . . Acid fruit juice.  
Peaches, apricots, fresh or dried.

*Noon* . . . . . Lettuce.  
Plain dressing of lemon juice, honey  
and oil.  
Steamed parsnips.  
Fresh peas.

*Evening* . . . . Raw salad of finely chopped spinach,  
raisins.  
Choice of dressing.  
Buttered carrots.  
Baked beets.

*Second Day*

*Breakfast* . . . . Acid fruit juice.  
Strawberries flavored with honey.  
Cantaloupe.

*Noon* . . . . Celery.  
Radishes.  
Buttered beets.  
Stuffed prunes (see cook book section).  
Apple sauce flavored with honey.

*Evening* . . . . Salad of tomatoes and raisins.  
Choice of dressing.  
Baked cauliflower.  
Stewed tomatoes.  
Fresh peas.

*Third Day*

*Breakfast* . . . . Acid fruit juice.  
Apple and celery salad with mayonnaise and chopped nuts.

*Noon* . . . . Raw salad of lettuce, green pepper,  
tomatoes, green onions.  
Dressing of lemon juice, honey and oil.  
Carrot loaf (see cook book section).  
Prune whip (see cook book section).

*Evening* . . . . Fruit salad of pineapple, orange,  
grapefruit, cocoanut and honey dressing.  
Plate lunch of steamed peas, stewed tomatoes, baked squash.  
Baked apple flavored with honey.

## CHAPTER XVIII

### COLITIS

As the name implies, this disease is an inflammation of the colons or usually of almost the entire digestive system. This inflammation is, in turn, caused by three factors: *First*, the excessive consumption of food in general; *second*, the fermentation and irritation consequent to wrong food; *third*, as a sequence to other diseases.

Healing of the mucous membrane is the objective. The diet measures, alone, presented herewith, are usually quite efficient to overcome this ailment.

In conjunction with the diet, in most cases, I would most heartily endorse a two-day per week fast, until the symptoms have entirely cleared up.

#### SAMPLE THREE-DAY DIETARY FOR COLITIS

##### *First Day*

<i>Breakfast</i> . . . .	Orange juice. Salad of apples, pears, oranges, dates. Honey and oil dressing.
<i>Noon</i> . . . . .	Watercress. Choice of dressing. Artichoke. Apple sauce.
<i>Evening</i> . . . .	Salad of grated beets. Steamed parsnips. Steamed Brussels sprouts. Baked apple.

*Second Day*

- Breakfast* . . . . Celery drink (see cook book section).  
Persimmon.  
Grapes.
- Noon* . . . . . Raw combination salad (see cook book section).  
Corn on cob.  
Cranberry or apple sauce (see cook book section).
- Evening* . . . . . Vegetable salad (mixed, raw and cooked salad).  
Steamed fresh string beans.  
Baked cauliflower.

*Third Day*

- Breakfast* . . . . Rhubarb drink (see cook book section).  
Cantaloupe.  
Raisins and almonds.
- Noon* . . . . . Celery, radishes, olives.  
Sliced tomatoes.  
Fresh peas and carrots steamed.
- Evening* . . . . . Raw salad of finely chopped spinach, watercress, celery, parsley, tomatoes.  
Choice of dressing.  
Steamed spinach.  
Baked zucchini.

## CHAPTER XIX

### CONSTIPATION

Constipation, the bane of American existence, the great national disease, is the foundation upon which the greater proportion of all the ailments of mankind is built.

Practically every disease mentioned in this book (I have attempted to incorporate only those diseases most frequently encountered) is usually associated with constipation.

Again, the cure of constipation is intimately related to the cure of the disease resulting from it.

There are many causes for the existence of constipation. In some cases it is due to over-consumption of food in general and to the consequent break-down of the intestinal muscles. In other cases it is due to the intestinal inflammation which prevents the normal discharge of the digestive secretions. In others, fatty degeneration is the cause. In still others it is the lack of adequate abdominal and pelvic exercises which so weakens the muscles involved in bowel action that normal peristalsis is seriously retarded.

Sometimes abnormalities of childbirth, especially where severe lacerations have been experienced, will so prevent the rectal muscles from contracting, that constipation will result.

A depleted nervous system caused by excessive worry and fear may, of itself, be responsible.

These are some of the causes. There are many others.

The remedies, of course, lie in the correction of the elements responsible for its production—diet, correct

thinking, proper physical hygiene and adequate exercise.

The regime that I suggest to you here has been found most satisfactory with the great mass of my patients, of course intimately associated with office treatment—manipulation, electrotherapy and light rays.

In an experience extending over several thousand cases, I do not know of a single failure where chronic constipation has not yielded and, this, among young and old, as well as with the fairly robust and the very weak.

Together with the typical diet herewith appended, the following general regime is most frequently successful:

- (a) Unless the condition be acute, wait seventy-two hours before using any artificial means for bowel action. Then, take a two-quart high enema (see Instructions on Technique, page 122). Again wait seventy-two hours; but each time, when you are compelled to use artificial relief, use less water.

Very frequently, if we merely let the bowels alone, they will correct themselves.

- (b) At least one hour daily, some mild form of sports if unaccustomed to exercise, and more strenuous sports, if adapted.
- (c) Gradually increase calisthenic exercises of the abdominal and pelvic variety until taking twenty minutes in the morning and ten minutes at night.
- (d) Until the condition is corrected, an abdominal and pelvic cold pack each night upon retiring, to be slept in throughout the night.

- (e) Before retiring a five-minute cold water sitz bath (see Instructions on Technique, page 119).
- (f) Gradual adaptation to a cold shower, making the water a trifle cooler each morning until you are using straight cold tap water.
- (g) If available, nude sun baths, with gradual adaptation until taking one hour (see Instructions on Technique, page 118.)
- (h) If the nervous system be depleted, complete sexual continence, for at least three to four months, retaining the sexual secretions for the purpose of body-building.
- (i) At least for the first month, after getting into bed, flex the knees and give the entire abdomen a deep pelvic massage, starting from the top of the right hip-bone, going upwards across the abdomen and downward to the left hip-bone.

Do this for about ten minutes each night after you are "cozy and comfy" in bed.

- (j) Where there is a severe condition of auto-intoxication from a long-standing case of constipation, I would most heartily endorse a thirty-six-hour fast, to be taken weekly.
- (k) Where constipation is due to over-eating and to under-exercising it is sometimes best to eat six or seven meals per day, reducing the total quantity consumed, however, to considerably less than before.
- (l) Office treatment.



SAMPLE THREE-DAY DIETARY FOR CONSTIPATION

*First Day*

- Breakfast* . . . . Fig juice.  
Fruit salad.
- Noon* . . . . . Raw salad of chopped spinach, onion,  
celery, tomato.  
Dressing of lemon juice, honey and  
oil. One tablespoonful of bran mixed  
with salad.  
Artichoke.  
Bran muffin.
- Evening* . . . . . Raw salad of cabbage, celery, lettuce,  
carrots.  
Dressing of lemon juice, honey and  
oil. One tablespoonful of bran and  
one teaspoonful of agar mixed with  
this salad.  
Steamed spinach and onion.  
Baked apple.

*Second Day*

- Breakfast* . . . . Orange juice.  
Apples.  
Pears.
- Noon* . . . . . Salad of sliced persimmons, dates and  
orange.  
Stewed rhubarb and raisins.
- Evening* . . . . . Raw salad of radishes, cucumbers,  
celery, tomatoes, lettuce, green pep-  
per, parsley.  
Dressing of lemon juice, honey and  
oil.  
Stuffed celery.  
Steamed carrots and peas.  
Baked egg plant.

*Third Day*

- Breakfast* . . . . Pineapple juice.  
Peaches, berries, raisins and cocoanut  
mixed in with honey.  
Dried fruit.
- Noon* . . . . . Raw salad of sliced tomatoes, two  
stalks of celery, sliced green pepper  
on a bed of finely cut spinach.  
Sprays of watercress.  
String beans steamed.  
Cauliflower baked.  
Cubbison's flaxseed crackers.
- Evening* . . . . . Salad of corn off cob, finely shredded  
cabbage, chopped celery, few raisins.  
Dressing of lemon juice, honey and  
oil.  
Steamed turnips and carrots.  
Baked squash.  
Baked apple with date or raisin stuff-  
ing.  
Whole wheat muffins.

For recipes and formulæ for the preparation of the above Sample Dietaries, see the cook book section of this book.

Health foods mentioned in the diet lists herewith may be procured from the Carqué Pure Food Company, whose advertisement appears in the back of this volume.

## CHAPTER XX

### DIABETES

The treatment depends largely upon the stage of the disease. In the early stages merely the dietetic measures coupled with the normal, healthy adult regimen is all that is necessary. In the latter stages, when the disease has advanced to the point where sugar is constantly present in the urine, other measures are necessary. The most important of them are:

- (a) The short fast frequently applied. Many of my patients have been fasted twenty-four hours three times per week until sugar entirely disappeared from the urine. The length of time will have to be left to the judgment of your practitioner.
- (b) Usually considerable quantities of pure water help in the elimination of blood and kidney toxins.
- (c) The skin must be made to perspire. (See any one of the measures in Instructions on Technique, page 125.)
- (d) Nude sun baths usually up to two hours per day. (See Instructions on Technique, page 118).
- (e) In the advanced stages, physical activity should be confined to the mildest variety. Short walks or light house-work are usually all that I permit.
- (f) There should be at least two periods of two hours each of complete rest and relaxation in bed—preferably a short nap.

- (g) In the advanced stages, complete sexual continence is most desirable.
- (h) In the coma or acetone stages, there is nothing to be done but an absolute fast of an indefinite duration. With it, measures should be taken to clean the bowels and the stomach and to permit the skin adequate elimination. Usually such measures are vastly more effective than insulin, which I do not recommend for any stage of the disease. Insulin, like most other drug remedies, is palliative, not curative—temporary, not permanent, and does naught toward correcting the cause of diabetes—namely, dietetic deficiencies.
- (i) Office treatment.

#### SAMPLE THREE-DAY DIETARY FOR DIABETES

##### *First Day*

- Breakfast* . . . . Orange juice.  
Apples.  
Almonds and raisins.
- Noon* . . . . . Raw salad of grated carrots—banana dressing.  
Celery stuffed with avocado.  
Buttered beets.  
Steamed spinach.
- Evening* . . . . . Salad of lettuce and tomato.  
Plain dressing of lemon juice, honey and oil.  
Celery, radishes, olives.  
Asparagus soup.  
Baked vegetable dish.

##### *Second Day*

- Breakfast* . . . . Fruit juice (fig, prune or apricot).  
Baked apple.  
Dates and nuts.

*Noon* . . . . . Cottage cheese salad.  
                          Baked tomatoes.  
                          Steamed lima beans.

*Evening* . . . . . Watercress.  
                          Choice dressing.  
                          Baked squash.  
                          Corn on cob.  
                          Cranberry and apple sauce.

### *Third Day*

*Breakfast* . . . . . Prune juice.  
                          Grapefruit, honey.  
                          Dates and nuts.

*Noon* . . . . . Cucumber salad.  
                          Vegetable broth.  
                          Artichoke.

*Evening* . . . . . Salad of mustard greens, watercress,  
                          tomatoes and chopped olives.  
                          Dressing.  
                          Stuffed baked beet.  
                          Scalloped carrots.  
                          Bran muffins.

In this Sample Dietary at least fifty per cent of each meal should be uncooked. For recipes and formulæ, see the cook book section of this book.

Health foods mentioned in the diet lists herewith may be procured from the Carqué Pure Food Company, whose advertisement appears in the back of this volume.

## CHAPTER XXI

### DROPSY

See instructions pertaining to dropsy under the head of Bright's Disease, page 37.

#### SAMPLE THREE-DAY DIETARY FOR DROPSY

##### (Raw Food Diet)

##### *First Day*

*Breakfast* . . . . Fig juice.

Oranges cut up fine, remove pulp—  
sweeten with honey—add cubed pine-  
apple, dates and raisins.

*Noon* . . . . . Chopped crisp spinach, celery, raisins,  
season with garlic.

Dressing of lemon juice, honey and  
oil.

Stuffed tomato using mashed avocado.  
Add tomato pulp, minced parsley and  
ground nuts.

Dried fruit.

*Evening* . . . . . Salad of tomato, cucumber, chopped  
onion.

Dressing.

Grated carrot and raisins.

Apple and celery salad, banana dress-  
ing.

##### *Second Day*

*Breakfast* . . . . Orange juice.

Persimmons.

Pear.

Dates.

*Noon* . . . . . Fruit lunch.

Apple, banana, grapes, dates.

*Evening* . . . . . Salad of lettuce and cucumber.

Plain dressing of lemon juice, honey and oil.

Sliced tomatoes, mayonnaise dressing.

Fresh young beets (finely ground).

Honey dressing.

Avocado salad.

### *Third Day*

*Breakfast* . . . . . Prune juice.

Pears.

Berries and honey.

*Noon* . . . . . Salad of lettuce, pineapple, celery, ground nuts, mayonnaise.

Carrot and cabbage salad.

Dried fruits.

*Evening* . . . . . Combination salad, using shredded cabbage, green pepper, chopped fine, young beets, steamed.

Place on bed of lettuce, mayonnaise dressing.

Stuffed celery with avocado.

Grated beets—honey dressing.

Dates and nuts.

For recipes and formulæ for the preparation of the above Sample Dietary, see the cook book section of this book.

## CHAPTER XXII

### DYSENTERY

The same instructions applicable for colitis are also applicable for dysentery.

Both these ailments have most of their features identical. (See instructions on Colitis. Page 49.)

#### SAMPLE THREE-DAY DIETARY FOR DYSENTERY

##### *First Day*

- Breakfast* . . . . Fig juice.  
Fruit salad of orange, pineapple  
grapefruit and cocoanut.  
Honey dressing.
- Noon* . . . . . Avocado salad.  
Sliced tomatoes.  
Dried fruit.
- Evening* . . . . . Apple and celery salad.  
Grated carrots and nuts.  
Date whip.

##### *Second Day*

- Breakfast* . . . . Honey dew melon.  
Persimmon.  
Raisins and cocoanut.
- Noon* . . . . . Salad of lettuce, pineapple, cottage  
cheese, pimentos and olives.  
Stuffed celery.  
Dates.
- Evening* . . . . . Raw corn salad.  
Broth.  
Swiss chard (steamed with olive oil).



*Third Day**Breakfast* . . . . Watermelon.

Pears.

Dates.

*Noon* . . . . . Salad of watercress, bean sprouts and tomatoes.

Dressing of lemon juice, nut cream butter, honey and oil.

Celery, olives.

Grated beets and carrots on bed of lettuce.

Plain dressing of lemon juice, honey and oil.

Dried fruits.

*Evening* . . . . . Combination salad of tomatoes, green pepper, celery, corn cut from cob.

Plain dressing of lemon juice, honey and oil.

Dates.

Raisins and cocoanut.

For recipes and formulæ for the preparation of the above Sample Dietaries, see the cook book section of this book.

Health foods mentioned in the diet lists herewith may be procured from the Carqué Pure Food Company, whose advertisement appears in the back of this volume.

## CHAPTER XXIII

### EPILEPSY

Epilepsy is a periodic nervous spasm or convulsion, sometimes partial as in Jacksonian epilepsy when a few muscles are involved, but most of the time general, in which the entire system suddenly lapses into unconsciousness with rigors, tremors and various other symptoms.

In some few cases, epilepsy has been of traumatic (accidental) origin in which either the brain or other nervous structure has been injured.

Most epileptic conditions, however, come from an extreme state of toxemia, sufficiently irritating to periodically cause the epileptic convulsions.

The prevention, of course, lies in the dietetic measures, a sample of which I am giving you here.

During the attack, the following instructions are applicable:

- (a) Loosen the clothing.
- (b) Put a hard object between the teeth to prevent biting the tongue.
- (c) Chafe the wrists and chest.
- (d) Apply a cold pack to the neck and head.
- (e) Put the patient to bed with a hot-water bottle to the feet and abdomen.
- (f) Permit him plenty of rest.

That is about all that can be done for the acute attack.

To solve the problem, however, great success has been achieved with office treatment, associated with the fast.

Both osteopaths and chiropractors have had a very large proportion of success by these methods.

In this disease, the fast should range from three or four days to as high as twenty and twenty-five days, depending entirely upon the case.

I would not advise any epileptic, nor for that matter, any other patient, to attempt a long fast without being under expert supervision.

### SAMPLE THREE-DAY DIETARY FOR EPILEPSY

#### *First Day*

- Breakfast* . . . . Orange juice.  
 Pears.  
 Raisins and almonds.
- Noon* . . . . . Raw salad of chopped crisp spinach,  
 celery and raisins.  
 Dressing of lemon juice, honey and oil.  
 Stuffed tomato with mashed avocado, tomato pulp, minced parsley, ground nuts.  
 Dressing.  
 Dates and nuts.
- Evening* . . . . . Apple and celery salad, with nuts and raisins.  
 Banana dressing.  
 Stuffed celery.  
 Carrots (ground).

*Second Day*

- Breakfast* . . . . Grapefruit (honey).  
Berries.  
Figs and walnuts.
- Noon* . . . . . Salad of tomato, cucumber, chopped  
onion.  
Dressing of lemon juice, honey and  
oil.  
Grated carrots, mayonnaise dressing.  
Celery stuffed with avocado.
- Evening* . . . . . Salad of chopped celery, pineapple.  
Mayonnaise dressing. Sprinkle with  
ground nuts.  
Persimmon.  
Dates and nuts.

*Third Day*

- Breakfast* . . . . Rhubarb drink.  
Salad of orange, apple, banana, pears  
and dates cut up.  
Mix a bit of honey through the salad  
and sprinkle with chopped nuts.
- Noon* . . . . . Watercress salad.  
Dressing of lemon juice, honey and  
oil.  
Grated beets. Add honey.  
Sliced tomatoes.
- Evening* . . . . . Fruit salad of cantaloupe filled with  
crushed berries, bananas, pineapple,  
apricots, nuts. Mix with honey.  
Dates and nuts.

## CHAPTER XXIV

### THE ACUTE FEVERS

Under this heading I classify practically every acute disease of any nature, associated with fever. The acute stomach disturbances, lung disturbances, skin eruption diseases and many others come under this classification.

In so far as all of them are concerned with toxic elimination and acute physiological crises in which the body desires to cast forth much of its accumulated debris, to that extent are they all alike.

Consequently, the instructions given here are arbitrarily thus grouped :

- (a) Wash the bowels repeatedly (see Instructions on Technique, page 122) until the water comes out clean. Repeat at least once per day thereafter while the acute symptoms continue.
- (b) Place the patient in bed and isolate him from all undesirable company.
- (c) Warmth and fresh air are necessary. See that there are adequate coverings. At the same time all the windows must be kept wide open.
- (d) Cleanse the skin daily by means of a tepid bath.
- (e) To reduce the fever, use cold-water compresses over the abdomen. Apply these every five or six minutes or as fast as they become warm from the body heat.

- (f) Take the temperature every half hour until you reduce it to within two degrees of normal. Average normal temperature is ninety-eight and six-tenths degrees (98.6) F. mouth temperature and ninety-nine and one-half degrees (99.5) rectal temperature.

Hydrotherapy measures need not be applied if the temperature is less than two degrees above normal.

- (g) There should be no food given, under any circumstances, for the first two, three, or even four or five days during the acute symptoms.
- (h) Give the patient ample quantities of cold water.
- (i) After the fever has subsided, if many of the symptoms still exist, nothing but fruit juices should be given. (See the section on fruits and their juices in the recipe portion of this volume.)

## CHAPTER XXV

### GALL-STONES

The dietetic measures I have recommended herewith will not be found as curative as the straight out-and-out fast.

Gall-stones can be eliminated very easily and simply by the fast alone.

I would recommend your placing yourself under the supervision of the drugless practitioner who thoroughly understands the fast.

During the acute attack, the following measures are advisable:

- (a) No food but all the distilled water the patient desires to take.
- (b) Repeated enemas until the bowel substance comes out clean. (See Instructions on Technique, page 122.)
- (c) Warm applications over the entire abdominal area.
- (d) Office treatment.

#### THREE-DAY DIETARY FOR GALL-STONES

##### RAW FOOD DIET

##### *First Day*

*Breakfast* . . . . Fresh fruit juice.  
Apples.  
Prunes.  
Raisins.

- Noon* . . . . . Avocado salad.  
 Tomato soup (uncooked).  
 Grated beets, with honey.
- Evening* . . . . . Stuffed tomato of finely cut celery and  
 pineapple.  
 Olives, celery, radishes.  
 Soaked prunes.  
 Stuffed dates.

### *Second Day*

- Breakfast* . . . . Apples and oranges cut up, nut dress-  
 ing.  
 Persimmons.  
 Figs.
- Noon* . . . . . Shredded spinach, raisins and green  
 peppers.  
 Plain dressing of lemon juice, honey  
 and oil.  
 Avocado and bing cherry salad.  
 Dried fruit.
- Evening* . . . . . Fruit cocktail.  
 Celery, olives, green pepper, water-  
 cress salad.  
 Stuffed tomato, celery, shredded pine-  
 apple, cubes of avocado.  
 Cream dressing.

### *Third Day*

- Breakfast* . . . . Fruit juice drink.  
 Oranges and sliced bananas sweetened  
 with honey.  
 Prunes and nuts.
- Noon* . . . . . Grapefruit, served with berries in  
 center, honey as a dressing.  
 Prune salad (stuffed prunes served on  
 bed of lettuce).



*Evening* . . . . . Salad of lettuce, tomato, onion, celery,  
parsley, grated carrots. Plain dress-  
ing.  
Stuffed celery with avocado.  
Raw corn, finely cut green onion and  
minced parsley  
Plain dressing of lemon juice, honey  
and oil.

## CHAPTER XXVI

### GOITER

Goiter is essentially a diet-deficiency disease, not only in iodine but in the all-important mineral salts and in the precious vitamins.

It can frequently be overcome by the diet measures alone. However, these should always be supplemented by office treatment, especially by the ultra-violet ray, the Diathermy and osteopathic or chiropractic manipulation.

These measures are applicable to exophthalmic goiter as much as they are to simple goiter.

#### SAMPLE THREE-DAY DIETARY FOR GOITER

##### *First Day*

- Breakfast* . . . . Orange juice.  
Persimmons.  
Apples and raisins.
- Noon* . . . . . Salad of lettuce, beets, peas, green pepper, tomato.  
Dressing of lemon juice, honey and oil.  
Steamed beets.  
Date and banana dessert.
- Evening* . . . . . Salad of cottage cheese, green onions chopped fine, radishes chopped, and sprays of watercress.  
Mayonnaise dressing.  
Steamed spinach.  
Ear corn.

*Second Day*

- Breakfast* . . . . Fruit drink.  
Peaches.  
Dates and nuts.
- Noon* . . . . . Salad of cucumber, onion and lettuce.  
Dressing of lemon juice, honey and oil.  
Steamed asparagus on whole wheat toast.  
Steamed fresh peas.
- Evening* . . . . . Cabbage salad.  
Celery, olives, radishes, carrots and peas.  
Baked nut loaf.

*Third Day*

- Breakfast* . . . . Fresh grape juice.  
Pears.  
Almonds and raisins.
- Noon* . . . . . Salad of watercress, tomato, spinach, celery.  
Dressing of lemon juice, honey and oil.  
Baked squash.  
Prune whip.
- Evening* . . . . . Carrot salad.  
Baked stuffed green pepper and corn.  
Steamed bean sprouts and tomato sauce.

## CHAPTER XXVII

### HAY FEVER

There is but a very small line of demarcation between hay fever and asthma.

Hay fever is really a milder type of asthma, easily passing from one to the other.

The same general hygienic measures applied for asthma are equally applicable for hay fever. (See asthma instructions, page 24.)

#### SAMPLE THREE-DAY DIETARY FOR HAY FEVER

##### *First Day*

- Breakfast* . . . . Fruit juice.  
Strawberries mashed. To this add  
honey to suit taste.  
Cantaloupe.
- Noon* . . . . . Raw salad of watercress, tomatoes,  
green pepper.  
Plain dressing of lemon juice, honey  
and oil.  
Steamed beets.  
Apple sauce.
- Evening* . . . . . Tomato stuffed with cottage cheese  
and pimienta.  
Baked asparagus.  
Steamed carrots and peas.

##### *Second Day*

- Breakfast* . . . . Pineapple drink.  
Peaches.  
Apricots.  
Figs.

*Noon* . . . . . Salad of lettuce, green peppers, green onions, tomatoes.  
 Plain dressing of lemon juice, honey and oil.  
 Prunes stuffed with cottage cheese.  
 Carrot loaf.

*Evening* . . . . . Lettuce and tomatoes sliced.  
 Dressing.  
 Steamed spinach.  
 Creamed cauliflower.  
 Baked apple.

### *Third Day*

*Breakfast* . . . . . Raisin juice drink.  
 Fresh figs.  
 Apricots.  
 Nuts.

*Noon* . . . . . Salad of chopped spinach, onions, raisins, tomatoes.  
 Plain dressing.  
 Steamed carrots.  
 Vegetable soup.

*Evening* . . . . . Fruit cocktail.  
 Baked squash.  
 Steamed peas.  
 Stewed tomatoes.  
 Date pudding.

For recipes and formulæ, see cook book section of this book.

Health foods mentioned in the diet lists herewith may be procured from the Carqué Pure Food Company, whose advertisement appears in the back of this volume.

## CHAPTER XXVIII

### HEARTBURN

Heartburn is merely a symptom of gaseous distention. The same instructions given for the treatment of "Intestinal Gases" are equally effective for heartburn. (See "Intestinal Gases," page 81.)

#### SAMPLE THREE-DAY DIETARY FOR HEARTBURN

##### *First Day*

- Breakfast* . . . . Prune juice.  
Nectarines.  
Berries and honey.
- Noon* . . . . . Salad of apple, avocado, banana, nuts  
and dried figs on lettuce bed.
- Evening* . . . . . Combination salad of finely shredded  
spinach, lettuce, green pepper and  
young beets (steamed).  
Stuffed tomato with pineapple, celery  
and ground nuts. Mayonnaise.  
Dried fruit.

##### *Second Day*

- Breakfast* . . . . Fresh figs.  
Cherries.  
Apricots.
- Noon* . . . . . Stuffed avocado.  
Dates and nuts.
- Evening* . . . . . Watercress salad. Dressing of lemon  
juice, honey and oil.  
Ground beets.  
Ground onions and turnips. Dress-  
ing of lemon juice, honey and oil.  
Sliced tomatoes. Mayonnaise.

*Third Day*

- Breakfast* . . . . Orange juice.  
Apples, celery and raisins.  
Dried fruit.
- Noon* . . . . . Shredded spinach and raisins.  
Salad of avocado and Bing cherries.
- Evening* . . . . . Fruit salad; cantaloupe filled with  
strawberries and honey.  
Raw vegetable plate of watercress,  
tomatoes, stuffed celery, olives.  
Watermelon.

For recipes and formulæ, see the cook book section of this book.

## CHAPTER XXIX

### HEMORRHOIDS

Hemorrhoids are caused by constipation. Consequently, the cure of one is usually the solution to the other.

Hemorrhoids are inflation of the veins known as the hemorrhoidal plexus of the rectum, due to the presence of fermenting wastes.

The following remedies are applicable both to the acute hemorrhoidal attack and to the chronic condition:

- (a) Enemas until the colon is clean. (See Instructions on Technique, page 122.)
- (b) A short fast of thirty-six hours each week.
- (c) During the acute attack, alternate warm and cold sitz baths, ten minutes warm and one minute cold. (See Instructions on Technique, page 119.)
- (d) If hemorrhoids are painful, inject four ounces of cold water to which has been added the juice of a large-sized lemon. Retain this for from two to five minutes.
- (e) Each night before retiring, rectal dilatation, either with a rubber-gloved finger or with a metal or rubber dilator which may be purchased at any drug store.

Both the rectal injections and the rectal dilatation should not be continued after the painful symptoms subside.

- (f) Office treatments are exceedingly valuable for this condition—in fact, much more effective than any home remedies.



- (g) Put a raw potato and a raw onion through grinder. Keep this mixture at the rectal orifice throughout the night until relief is given.

### SAMPLE THREE-DAY DIETARY FOR HEMORRHOIDS

#### *First Day*

- Breakfast* . . . . Orange juice.  
Fruit salad.
- Mid-Morning* . . Milk.
- Noon* . . . . . Spinach salad.  
Carrots (ground).  
Vegetable broth.
- Mid-Afternoon*. Glass of milk.
- Evening* . . . . . Watercress and avocado.  
Dressing of lemon juice, honey, oil  
and pulp of tomato.  
Spinach and raisins.  
Stuffed celery with cottage cheese and  
cut-up dates.

#### *Second Day*

- Breakfast* . . . . Prune juice.  
Milk.  
Dried fruit.
- Mid-Morning* . . Glass of milk.
- Noon* . . . . . Vegetable salad using ground beets,  
spinach and raisins.  
Radishes, olives and celery.  
Pineapple and celery salad.
- Mid-Afternoon*. Glass of milk.
- Evening* . . . . . Shredded cabbage, diced apple and  
celery.  
Mayonnaise dressing.  
Avocado.  
Date and nut salad.

*Third Day*

- Breakfast* . . . . Fruit juice.  
Salad of peaches, pears, persimmons,  
cut-up dates.  
Serve in cantaloupe.
- Mid-Morning* . . Glass of milk.
- Noon* . . . . . Lettuce.  
Plain dressing of lemon juice, honey  
and oil.  
Sauerkraut.  
Young fresh corn cut from cob.
- Mid-Afternoon* . Glass of milk.
- Evening* . . . . . Raw salad of shredded cabbage.  
Plain dressing of lemon juice, honey  
and oil.  
Tomato soup.  
Stuffed tomato.

For recipes and formulæ, see the cook book section  
of this book.

## CHAPTER XXX

### INSOMNIA

Although usually a symptom of another disease, yet for the insomnia condition itself, a number of very helpful measures may be followed.

If insomnia is due to bowel or to stomach trouble, of course these ailments must first be corrected. If it is due to a mental state, the source of the disordered mind must be sought for and corrected.

I have found the following physical regime quite satisfactory with most of my insomnia patients:

- (a) Empty the bowels and bladder before retiring.
- (b) Let the heavy meal of the day be at noon; the light meal in the evening.
- (c) The evening meal should be taken at least four or five hours before retiring.
- (d) Sometimes a piece of fruit such as an apple or a pear should be eaten before retiring. With others, perhaps, a glass of milk or a glass of warm lemonade may agree better.
- (e) Many people fall asleep more easily after reading some light literature. The book-reading habit before retiring is a good one provided it does not excite or stimulate. It serves to take the mind away from one's own troubles and worries.
- (f) Frequently a hot-water bottle to the abdomen and feet will foster relaxation.
- (g) Try half an hour or three-quarters of an hour of brisk walking with deep breathing before retiring. Sometimes ten or fifteen minutes of vigorous calisthenics will also help.
- (h) Where other measures fail, a warm bath will often succeed in inducing relaxation.
- (i) Office treatment.

## CHAPTER XXXI

### INTESTINAL GASES

This ailment is divisible into two forms: the acute and the chronic attacks.

The acute attack should be treated the same as in the chapter "Acute Fevers" (see page 66), with the exception that instead of applying cold applications over the abdomen, these should be hot, one right after another as fast as they cool.

The chronic forms of gas are due largely to diet and in this realm the cure must be sought.

For temporary relief, follow these measures:

- (a) Two or three glasses of warm water.
- (b) Apply hot wet towels.
- (c) Abdominal massage until the gases are belched forth.
- (d) An enema. (See page 122.)
- (e) Most important, stop eating. Gases are caused principally by over-eating and secondarily, by what we eat.

The most effective remedy for gaseous distention is the one-meal-a-day program and then, not too much at that meal.

- (f) Office treatment.

#### SAMPLE THREE-DAY DIETARY FOR INTESTINAL GASES

##### *First Day*

*Breakfast* . . . . Fresh grape juice.  
Persimmon.

Apricots.

*Noon* . . . . . Salad of diced apple, celery, raisins.  
Dressing of mayonnaise.  
Steamed parsnips.  
Asparagus.

*Evening* . . . . . Salad of watercress, tomato.  
                          Dressing of lemon juice, honey and  
                          oil.  
                          Carrots and peas.  
                          Baked apple.

*Second Day*

*Breakfast* . . . . . Prune juice.  
                          Sliced oranges and pineapple.  
                          Stewed figs.

*Noon* . . . . . Salad of finely chopped spinach, cel-  
                          ery, tomato, onion.  
                          Dressing of lemon juice, honey and  
                          oil.  
                          Fresh string beans.  
                          Corn on cob.

*Evening* . . . . . Salad of lettuce, avocado and tomato.  
                          Plain dressing of lemon juice, honey  
                          and oil.  
                          Steamed Brussels sprouts.  
                          Baked beets.

*Third Day*

*Breakfast* . . . . . Honey dew melon.  
                          Fresh salad of berries, adding a bit  
                          of honey.  
                          Any fresh fruit juice drink.

*Noon* . . . . . Salad of tomatoes, cucumber, green  
                          pepper.  
                          Dressing of lemon juice, honey and  
                          oil.  
                          Steamed spinach.  
                          Baked egg plant and onion.

*Evening* . . . . . Lettuce.  
                          Mayonnaise dressing.  
                          Baked tomatoes.  
                          Fresh peas.

## CHAPTER XXXII

### LEUCORRHEA

This disease is really a catarrhal inflammation of the uterine and vaginal mucous membrane. It is characterized by a continuous or periodic discharge of mucous, pus, decomposed cells, etc.

Usually it is associated with constipation. Just as frequently, however, it is indirectly related to the abnormalities of sex life; in some cases, to frequent sexual indulgence; in others, to unsatisfactory sexual indulgence; in still others, to sexual starvation, or masturbation.

The following measures, however, are generally useful under practically all conditions:

- (a) Every third day a cold water vaginal douche, using at least eight quarts of water. The first five or six douches should have the juice of one lemon added to the above quantity of water.
- (b) Every day a five-minute cold water sitz bath. (See Instructions on Technique, page 119.)
- (c) Sex relationship should be limited to once per month, or preferably discontinued for three months.
- (d) All other douches, including birth control preventives should be discontinued. All birth control measures should be applied on the part of the male.
- (e) If constipation exists, the same measures previously recommended for constipation should be followed.
- (f) Office treatment.

## SAMPLE THREE-DAY DIETARY FOR LEUCORRHEA

*First Day*

*Breakfast* . . . . Fruit salad of oranges, avocado, grapefruit. Dressing of nut cream butter, lemon juice, honey and oil.

*Noon* . . . . . Salad of watercress, tomatoes, celery and olives.  
Dressing of lemon juice, honey and oil.  
Baked parsnips.

*Evening* . . . . . Raw salad of tomato stuffed with avocado or tomato pulp, celery. Mayonnaise dressing.  
Raw tomato soup.  
Baked vegetables.  
Rye crisp and nut butter.

*Second Day*

*Breakfast* . . . . Oranges.  
Apples.  
Nuts.

*Noon* . . . . . Salad of finely shredded red cabbage, parsley, green pepper, celery. Dressing of lemon juice, honey and oil and mayonnaise.  
Steamed Brussels sprouts.  
Flaxseed crackers and nut butter.

*Evening* . . . . . Salad of sliced lettuce and grated beets. Dressing of lemon juice, honey and oil.  
Vegetable puree.  
Stuffed baked beets.  
Whole wheat bread.

*Third Day*

- Breakfast* . . . . Prune juice.  
Grapefruit and honey.  
Stuffed dates.
- Noon* . . . . . Cottage cheese salad.  
Corn on cob.  
Apple sauce.  
Bran muffins.
- Evening* . . . . . Vegetable salad. On bed of lettuce  
place steamed beets, steamed carrots,  
steamed asparagus, quartered toma-  
toes, finely cut parsley. Mayonnaise  
dressing.  
Celery soup.  
Baked onions and tomatoes.  
Steamed lima beans.  
Whole wheat bread.



## CHAPTER XXXIII

### PYORRHEA

This disease is essentially an inflammation of the teeth sockets and gums characterized by the presence of pus, looseness of the teeth, gum recession, teeth decay and ultimately the loss of the teeth.

It is a disease of lowered resistance and of wrong dietetic habits.

Dental attention is important but not necessarily the extraction of the teeth, the current practice of most dentists as soon as a condition of pyorrhea is identified.

It is not true that the pus from a pyorrhea condition becomes absorbed by the rest of the system and creates various other disorders.

Dental attention is necessary to fill cavities, to clean the teeth and the surrounding structures and to put in teeth where teeth are absent.

The cure for pyorrhea does not lie in the promiscuous removal of the teeth. Rather should one seek a cure in the correction of the habits which have been responsible for it.

There is no doubt but that our highly refined civilized diet has caused the universal presence of this disease.

Besides the diet mentioned below, pyorrhea patients should follow a strict dental hygiene. The teeth should be vigorously brushed with a warm salt-water solution two or three times per day.

Even more important is the habit of chewing. Every pyorrhea patient should make it an iron-clad rule

to chew, chew, chew. Gulping is as much responsible for pyorrhea as wrong food. The teeth and gums get very little exercise and consequently very little massage and free circulation.

It is good practice to advise the pyorrhea patient to chew every mouthful of food at least sixty times.

The tooth-brush, correct diet, proper dental prophylaxis and the chew-chew-chew habit will literally work wonders in the cure of pyorrhea.

### SAMPLE THREE-DAY DIETARY FOR PYORRHEA

#### *First Day*

*Breakfast* . . . . Prune juice.

Pears.

Dates.

*Noon* . . . . . Raw salad of lettuce, cucumber, tomato, onion.

Plain dressing of lemon juice, honey and oil.

Celery stuffed with avocado and nut butter.

Cream of celery soup.

*Evening* . . . . . Vegetable salad.

Sweet corn on cob.

Green peas and new potatoes.

Apple sauce.

#### *Second Day*

*Breakfast* . . . . Oranges.

Persimmons.

Dates.

*Noon* . . . . . Raw salad of finely chopped spinach, ground beets, on bed of lettuce.

Plain dressing of lemon juice, honey and oil.

Artichoke.

Buttered carrots and peas.

*Evening* . . . . . Sliced tomatoes.  
Mayonnaise.  
Grated carrots and raisins.  
Steamed spinach.  
Baked potato.

*Third Day*

*Breakfast* . . . . . Fruit juice.  
Berries.  
Figs.

*Noon* . . . . . Raw salad of tomatoes, finely shredded turnips, watercress.  
Dressing.  
Baked parsnips.  
Fresh young string beans.

*Evening* . . . . . Chopped spinach and raisins.  
Baked yam.  
Steamed asparagus.  
Apple sauce.

In this Sample Dietary at least fifty per cent of each meal should be uncooked. For recipes and formulæ, see the cook book section of this book.

Health foods mentioned in the diet lists herewith may be procured from the Carqué Pure Food Company, whose advertisement appears in the back of this volume.

## CHAPTER XXXIV

### RHEUMATISM

By this term I am accepting the popular definition of rheumatism. Technically, seldom does a true rheumatic condition exist. What is usually meant is an arthritis inflammation of the joints. Sometimes its popular definition is a muscular rheumatism evidenced by pain in the muscles.

Both are usually associated with the accumulation of considerable quantities of toxic wastes in the blood circulation. Elimination must be the keynote.

The diet outlined below is the most effective measure toward overcoming rheumatism in general. However, the following auxiliary measures suggest themselves:

- (a) Daily perspiration, either active or passive. (See Instructions on Technique, page 125.)
- (b) Hot Epsom salts applications applied to the affected area, one-fourth of a pound of Epsom salts to a gallon of water. Apply up to one hour daily.
- (c) Sun baths up to one hour. (See Instructions on Technique, page 118.)
- (d) Usually other ailments are directly associated with a rheumatic state and are directly responsible for it. These should be corrected, especially the ailments affecting the organs of elimination.

The bowels should move two or three times per day, either naturally or artificially,

if necessary. The kidneys should be made to function adequately. It is a good policy in this disease to consume liberal quantities of distilled water.

(e) Office treatment is exceedingly valuable.

### SAMPLE THREE-DAY DIETARY FOR RHEUMATISM

#### *First Day*

- Breakfast* . . . . Fig juice.  
Peaches.  
Dried fruit.
- Noon* . . . . . Avocado salad.  
Stuffed tomato with finely chopped  
celery and pineapple. Specially pre-  
pared mayonnaise dressing.  
Watermelon.
- Evening* . . . . . On a bed of lettuce place a stick of  
stuffed celery, a radish, olives, sliced  
tomatoes.  
Spinach soup.  
Steamed beets.  
Green peas.

#### *Second Day*

- Breakfast* . . . . Pineapple juice.  
Apples.  
Dates.
- Noon* . . . . . Lettuce, tomato, celery, green pepper.  
Plain dressing.  
Vegetable broth.  
Corn on cob.
- Evening* . . . . . Salad of endives and tomatoes.  
Plain dressing.  
Baked beets.  
Steamed carrots and turnips.

*Third Day*

<i>Breakfast</i> . . . .	Fruit juice. Cantaloupe. Blackberries—sweetened with a little honey.
<i>Noon</i> . . . . .	Fruit salad of apples and celery. Sprinkle with ground nuts. Nut cream dressing. Baked carrot loaf. Cranberry and apple sauce.
<i>Evening</i> . . . . .	Tomatoes stuffed with avocado, celery, tomato pulp, minced parsley. Mayonnaise dressing. Steamed spinach. Wax beans. Baked potato.

In this Sample Dietary at least fifty per cent of each meal should be uncooked. For recipes and formulæ, see the cook book section of this book.

Health foods mentioned in the diet lists herewith may be procured from the Carqué Pure Food Company, whose advertisement appears in the back of this volume.

## CHAPTER XXXV

### CHRONIC SKIN ERUPTIONS

You will note that instead of making the arbitrary classifications and sub-classifications of the medical profession, I group all skin eruptions in one class.

I know that my medical brethren will be shocked at such a classification, as they are accustomed to arbitrarily define each form of skin eruption. The syphilitic variety has its group, the eczematous its group—the papules, the macules, the roseate, and so on through endless varieties and sub-varieties.

My purpose in grouping them together is mainly because they all show one feature in common. That is, no matter what the cause of the skin eruption may be, Nature is attempting to discharge some of its toxic wastes through the skin.

Poison elimination—that is the fundamental cause, whether the skin eruption be merely the pimple or the acute measles.

Hence, the advice I give below for the chronic skin diseases is based on this principle.

The acute skin eruptions such as measles, scarlet fever, typhoid, etc., are treated under the head of acute fevers and those instructions should be followed.

For chronic skin eruptions I endorse the following general instructions:

- (a) A daily morning cold shower, or, if unaccustomed, gradual adaptation thereto. (See Instructions on Technique, page 117.)
- (b) Sun baths at least up to one hour. (See Instructions on Technique, page 118.)

- (c) Nude sleeping, without night-clothes of any kind, but sleeping between sheets.
- (d) Daily perspiration, preferably of the active variety. If this is impractical, then of the passive variety. (See Instructions on Technique, page 125.)
- (e) In adults, for most skin eruptions, due to the action of the sexual hormones on the ailment, I would recommend the limitation of the sexual relationship to once per month.
- (f) Daily change of underclothing, having nothing but cotton adjacent to the skin.
- (g) Office treatment.

### SAMPLE THREE-DAY DIETARY FOR CHRONIC SKIN ERUPTIONS

#### *First Day*

- Breakfast* . . . . Prune juice.  
Persimmons.  
Pears.
- Noon* . . . . . Salad of pineapple, peaches, seedless grapes, oranges, dates, cut in small pieces and mixed with honey.  
Asparagus on whole wheat toast.  
Apricot snow (dessert).
- Evening* . . . . . Combination salad of raw spinach chopped finely, raisins, tomatoes, on bed of lettuce.  
Plain dressing of lemon juice, honey and oil.  
Baked vegetable dish.  
Date and nut pudding.



*Second Day*

- Breakfast* . . . . Grapefruit.  
Prunes and cream.  
Nuts and dates.
- Noon* . . . . . Salad of cold slaw.  
Carrots grated, banana sauce.  
Baked beets.  
Baked apple and raisins.
- Evening* . . . . . Salad of endives, celery, watercress  
and beet.  
Plain dressing of lemon juice, honey  
and oil.  
Fresh sliced tomatoes.  
Vegetable soup.  
Dried fruits.

*Third Day*

- Breakfast* . . . . Sliced pineapple.  
Fresh figs.  
Nuts and dates.
- Noon* . . . . . Shredded cabbage salad.  
Celery, olives, radishes.  
Artichoke.  
Watermelon.
- Evening* . . . . . Tomato and cucumber salad, onion  
and plain dressing.  
Ripe olives.  
Celery.  
Bran muffin.  
Summer squash.

In this Sample Dietary at least fifty per cent of each meal should be uncooked. For recipes and formulæ, see the cook book section of this book.

## CHAPTER XXXVI

### STOMACH GASES

The formation of stomach and intestinal gases comes mainly because of two reasons: *First*, the fermentation and putrefaction of foodstuffs which are retained inside the stomach for a longer period of time than normal; *second*, the inflamed and diseased state of the mucous membrane which, in turn, prevents adequate secretion of the digestive juices.

This inflammation is usually a sequence to a long history of dietetic indiscretions.

By correct diet only can this trouble be overcome. All so-called remedies, especially soda and the numerous drugs in which it is present, even though they tend to ease the distress temporarily, are bound to aggravate the inflammation responsible for the formation of gases.

It is paramount that the cause be removed and this cause is directly related to the subject of diet.

However, for immediate relief a number of measures are available.

- (a) If the gases are very severe, causing excruciating pain, it is essential that vomiting be induced. This can be done with ordinary warm water to which a level teaspoonful of mustard powder has been added. It can also be done by tickling the throat.
- (b) Two, three or four tumblers of warm water will do much toward furnishing relief.

- (c) Repeated warm applications over the abdomen and pelvis will serve to relax the abdominal tension always associated with gaseous attacks.
- (d) The bowels should be thoroughly washed by means of high enemas. (See Instructions on Technique, page 122.)
- (e) Abdominal manipulation, starting gently and increasing in depth as eructation of gases continues.
- (f) If attack is acute, complete rest and quiet in bed.
- (g) A periodic short fast of twenty-four to thirty-six hours taken, say, once per week, will also be beneficial.
- (h) Office treatment.

#### SAMPLE THREE-DAY DIETARY FOR STOMACH GASES

##### *First Day*

- Breakfast* . . . . Fruit juice drink.  
                               Pears.  
                               Raisins.
- Noon* . . . . . Raw salad of grated carrots, raisins  
                               and lettuce.  
                               Steamed spinach.  
                               Asparagus.
- Evening* . . . . . Salad of finely chopped spinach, cel-  
                               ery, lettuce, avocado and tomato.  
                               Fresh steamed peas.  
                               Baked beets.

##### *Second Day*

- Breakfast* . . . . Cantaloupe.  
                               Berries.

*Noon* . . . . . Salad of grapefruit, orange and avocado mixed.  
 Stuffed tomato with finely cut up pineapple and celery, mixed with small quantity of mayonnaise.

*Evening* . . . . . Raw salad of watercress and tomatoes.  
 Plain dressing of lemon juice, honey and oil.  
 Buttered beets (steamed).  
 Baked apple.

*Third Day*

*Breakfast* . . . . . Whole grain cereal (sweetened with honey).  
 Fresh figs.

*Noon* . . . . . Combination salad of lettuce, beets, peas, green pepper, tomato, and finely chopped spinach.  
 Plain dressing of lemon juice, honey and oil.  
 Baked vegetable dish.  
 Rhubarb sauce.

*Evening* . . . . . Raw salad of grated beets, finely cut celery, raisins and lettuce.  
 Asparagus soup.  
 Baked vegetable dish.

## CHAPTER XXXVII

### INTESTINAL WORMS

The remedies suggested here are usually applicable to any form of worm parasite in the intestinal system. The cause, of course, is dietetic and the measures recommended below should be followed:

- (a) A forty-eight-hour absolute fast, if an adult, or a fruit juice fast if a child—one glass of orange, fig, grape or prune juice every four hours—absolutely nothing else.
- (b) An enema at the close of forty-eight hours.
- (c) Prepare an infusion of garlic and milk. Grate a bulb of garlic fine. Permit it to simmer in about a pint of milk for one hour. Strain. After the garlic-and-milk infusion, give the patient a laxative, preferably senna tea. Six hours later wash the bowels with a two-quart enema. It is advisable to place a heaping tablespoonful of common salt in this enema. Carefully watch the stool. If it is a tapeworm you are after, be sure the head is out. The head is much smaller than the segments. It is small, gray-white, round, and tapering almost to a point.

Repeat these measures once every thirty days if all the worms or the entire tapeworm has not been removed.

- (d) Office treatment.
- (e) Between efforts for dislodging worms, obey dietary which follows.

SAMPLE THREE-DAY DIETARY FOR TAPEWORM

*First Day*

- Breakfast* . . . . Orange juice.  
Grapefruit.
- Noon* . . . . . Sliced tomatoes.  
Celery, radishes, olives.  
Steamed asparagus.  
Grated carrots.
- Evening* . . . . . Watercress.  
Plain dressing.  
Steamed carrots and peas.  
Baked beets.  
Apple and cranberry sauce.

*Second Day*

- Breakfast* . . . . Lemon juice and water.  
Orange juice diluted.  
Salad of oranges, sliced grapefruit  
and avocado.  
Plain dressing of lemon juice, honey  
and oil.
- Noon* . . . . . Salad of shredded cabbage, green pepper,  
tomato and onion finely chopped.  
Dressing of lemon juice, honey and  
oil.  
Baked zucchini dish (Italian squash).  
Apple sauce.
- Evening* . . . . . Salad of lettuce, tomato, watercress,  
cucumber, radishes, celery.  
Plain dressing of lemon juice, honey  
and oil.  
Baked onions and tomatoes.  
Steamed spinach.

*Third Day*

- Breakfast* . . . . Orange juice.  
Apples.  
Grapes.
- Noon* . . . . . Tomatoes, cucumber, snip of garlic  
on lettuce.  
Plain dressing of lemon juice, honey  
and oil.  
Soup broth.  
Dried fruits.
- Evening* . . . . . Sauerkraut.  
Stuffed baked beets.  
Spinach.  
Baked tomatoes.

## CHAPTER XXXVIII

### TUBERCULOSIS

Our knowledge of this ailment teaches us three major facts: *First*, that the disease itself is a condition where certain bacteria have invaded and are feeding upon the body tissues; *second*, that the vital resistance has been insufficient to prevent their growth and multiplication; *third*, that a favorable environment in the form of food and other conditions is present in the affected area—most frequently, the lungs.

Therefore, our objective should be threefold: To destroy the bacteria, to create an environment unfavorable for bacterial growth and to strengthen the vital resources so that invasion is impossible. The general instructions given below most suitably serve these purposes:

- (a) I do not subscribe completely to the so-called rest cure. If the patient is in such advanced stages that activity is impossible, then, of course, complete rest in bed is essential. However, in the earlier stages, mild activity is desirable. This activity I usually advise in the form of walks, light gardening or similar outdoor tasks.

All activity, however, must be within the limits of fatigue; that is, never to the point where one borders on exhaustion or feels any pain.

- (b) Twenty-four hours per day of outdoor living. Even the meals should be served outdoors. The bed should be outdoors. In our Southern California, an ideal arrangement is



an improvised shack, one-half roofed and one-half open so that when it rains the bed may be shoved underneath the roof. At all other times, sleep under the stars.

Such an improvised shack may also be used for sun baths.

- (c) Nude sun baths (see Instructions on Technique, page 118) up to the limit of tolerance. In the early stages of tuberculosis, I have patients who are taking as much as seven and eight hours per day of nude sun baths. This does not mean that they lie there roasting in the sun all day. They may walk, play or even do work in a sheltered place, but permitting the sun's rays to engulf their bodies in the nude state.
- (d) In the final analysis, no matter what the hygiene may be, the cure or failure to cure tuberculosis rests largely upon the will power and upon the mental state of the patient. The negative, worrisome, fear-filled disposition will fail, no matter how skilful the treatment. A hopeful, sunshiny, upward-looking mental attitude will succeed.

It is largely a question of the amount of vital nervous reserves the patient sends from the power house, the brain, coursing down the body.

Every patient I have ever had with this disease has received a straight-from-the-shoulder talk, emphasizing that the entire issue is up to him. The will to live is the most powerful incentive to victory. When the sufferer gives up hope himself, there is very little that can be done.

- (e) Office treatment.

## SAMPLE THREE-DAY DIETARY FOR TUBERCULOSIS

*First Day*

- Breakfast*. . . . Cracked wheat (steamed).  
Milk.  
Honey.
- Mid-Morning*. . Milk.
- Noon*. . . . . Raw salad of watercress, tomatoes,  
grated carrot.  
Dressing of lemon juice, honey and  
oil.  
Steamed string beans.  
Bran bread and butter (Cubbison's).  
Raw milk.
- Mid-Afternoon*. Milk.
- Evening*. . . . . Raw salad of lettuce, sliced avocado,  
sliced orange, pineapple and cottage  
cheese.  
Dressing.  
Vegetable stew.  
Baked potato.  
Milk.

*Second Day*

- Breakfast*. . . . Brown rice (steamed) with cut-up  
dried fruit.  
Milk.
- Mid-Morning*. . Milk.
- Noon*. . . . . Salad of chopped spinach, tomatoes,  
cucumbers.  
Dressing of lemon juice, honey and  
oil.  
Steamed spinach.  
Baked asparagus.  
Whole wheat bread and butter.

*Mid-Afternoon.* Milk.

*Evening* . . . . . Tomato filled with cottage cheese, pimento, chopped olives, nuts.  
Mayonnaise dressing.  
Cream of tomato soup.  
Baked egg plant.  
Flaxseed crackers (Cubbison's).

*Third Day*

*Breakfast* . . . . . Steamed barley.  
Milk.  
Honey.

*Mid-Morning.* . Milk.

*Noon* . . . . . Fruit salad mixture of bananas, dates, pears, berries, figs.  
Honey dressing.  
Cream of celery soup.  
Cauliflower au gratin.  
Whole wheat nut bread (Cubbison's).

*Mid-Afternoon.* Milk.

*Evening* . . . . . Avocado filled with pulp of tomato, parsley and celery. Special dressing.  
Steamed asparagus.  
Baked yam.  
Bran muffins.  
Milk.

## CHAPTER XXXIX

### ULCERS IN DIGESTIVE SYSTEM

Of course, an ulcer takes years in coming. It is the by-product of a long period of dietetic abuse. Therefore, its cure cannot be accomplished overnight.

The diet mentioned below is temporary until the ulcer has healed. Then there is no reason, whatsoever, why one cannot go to the general instructions listed for either the Healthy Sedentary Worker or for the Healthy Physical Worker.

#### SAMPLE THREE-DAY DIETARY FOR ULCERS

##### *First Day*

Breakfast . . . . Milk.  
10 A. M. . . . . Prune juice.  
12 M. . . . . Milk.  
2 P. M. . . . . Fig juice.  
4 P. M. . . . . Milk.  
6 P. M. . . . . Celery (raw).

##### *Second Day*

8 A. M. . . . . Milk.  
10 A. M. . . . . Apple juice.  
12 M. . . . . Milk.  
2 P. M. . . . . Prune juice.  
4 P. M. . . . . Milk.  
6 P. M. . . . . Figs.

##### *Third Day*

8 A. M. . . . . Milk.  
10 A. M. . . . . Apple juice.  
12 M. . . . . Milk.  
2 P. M. . . . . Fig juice.  
4 P. M. . . . . Milk.  
6 P. M. . . . . Raisins.

## CHAPTER XL

### WEIGHT REDUCING

Adipose weight comes principally from three factors: (1) Under-exercising; (2) Over-eating; (3) An unbalanced diet. Along these three lines, therefore, one should seek its correction.

The rules recommended below I have found most effective in weight reduction:

- (a) Never leave the table feeling full. Always finish feeling as if you could eat "just a wee bit more."
- (b) At least one hour per day of sport exercise, together with fifteen or twenty minutes of calisthenic setting-up work in the morning and ten or fifteen minutes in the evening.
- (c) These two measures, together with the diet recommended below, will usually be quite sufficient to reduce the heavy. However, where one does not desire or has not the time to take the exercises, frequently quite effective treatment can be given through office visits. There the patient is subjected to sweat baths to discharge the waste from the pores, to showers and to vigorous massage which is really a milder form of exercise.

All these measures are beneficial. The diet, however, is, by far, the most important.

SAMPLE THREE-DAY DIETARY FOR REDUCING

*First Day*

(No concentrated proteins, dairy products or breadstuffs.)

*Breakfast* . . . . Fruit juice only.

*Noon* . . . . . Raw combination salad of sliced tomatoes, ground onion and minced green pepper, seasoned with dressing of lemon juice, honey and oil.  
Baked apple and raisins.

*Evening* . . . . . Rhubarb parfait.  
Vegetable plate of beets, carrots, spinach and onions.

*Second Day*

*Breakfast* . . . . Fruits and fruit juices.

*Noon* . . . . . Grated carrots and raisins.  
Steamed tomatoes.  
Baked green pepper and corn.

*Evening* . . . . . Lettuce.  
Steamed string beans.  
Baked Brussels sprouts and tomatoes.

*Third Day*

*Breakfast* . . . . Orange juice and grapefruit salad.

*Noon* . . . . . Tomato salad.  
Vegetable puree.

*Evening* . . . . . Celery, radishes, onions.  
Stuffed baked beets.  
Sauerkraut.  
Spinach.

## CHAPTER XLI

### FOR WEIGHT BUILDING

Exercise is a two-edged proposition. It builds the lean and reduces the stout. Any gymnasium director can easily attest to this fact.

Therefore, for weight building I also recommend the same vigorous exercise as endorsed in the previous chapter for weight reducing.

Ample sleep is another excellent weight builder. Nine or ten hours of sleep each night will help anyone to increase weight.

Outdoor physical activity, especially for housewives, is of great value. They have too little sunshine and fresh air.

Above all, freedom from worry or from other mental dissipation is vitally essential. A wrong state of mind is undoubtedly responsible for more ill health, especially for loss of weight, than almost any other single factor.

If one is ordinarily healthy, except that the weight is very low, I would not suggest attempting to build weight purely for weight itself. Health should be the first consideration—not weight. Therefore, I should refer you to the regime recommended for the Healthy Adult on page 111.

SAMPLE THREE-DAY DIETARY FOR WEIGHT  
INCREASING

*First Day*

- Breakfast* . . . . Prune juice.  
Cereal and raisins steamed, cream  
and honey.  
Whole wheat toast and nut butter.  
Figco.
- 10:00 A. M.* . . . Glass of milk.
- Noon* . . . . . Avocado salad.  
Sliced tomatoes.  
Artichoke.  
Cubbison's whole wheat crackers or  
dark bread.
- 3:00 P. M.* . . . Glass of milk.
- Evening* . . . . . Vegetable salad of lettuce, beets, peas,  
tomatoes, string beans, mayonnaise.  
Creamed cauliflower.  
Baked zucchini dish of sweet potato,  
zucchini, onion, tomato, dots of but-  
ter and oil, half a cup of water.  
Date pudding.  
Whole wheat bread and butter.

*Second Day*

- Breakfast* . . . . Fig juice.  
Steamed brown rice, cream and honey.  
Cubbison's whole wheat crackers and  
nut butter.
- 10:00 A. M.* . . . Glass of milk.
- Noon* . . . . . Sliced tomatoes and cottage cheese  
salad.  
Corn on cob.  
Nut bran bread.  
Apple sauce.



*Second Day (Cont'd)*

*3:00 P. M.* . . . Glass of milk.

*Evening* . . . . Fruit cocktail of avocado, orange, apple, nuts, dates, mayonnaise and whipped dressing.  
 Puree of split pea soup.  
 Whole wheat croutons.  
 Buttered onions.  
 Baked yam.  
 Buttered beets.

*Third Day*

*Breakfast* . . . . Fruit salad of nuts, raisins, figs, bananas, persimmons, apricots. Mix with honey.

*10:00 A. M.* . . . Glass of milk.

*Noon* . . . . . Carrot salad.  
 Rice and cheese with tomatoes.  
 Whole wheat bread and butter.

*3:00 P. M.* . . . Glass of milk.

*Evening* . . . . . Tomato, cucumber, chopped onion, green pepper, mayonnaise.  
 Cream of tomato soup and whole wheat croutons.  
 Asparagus.  
 Baked egg plant.  
 Whole wheat bread and butter.

## CHAPTER XLII

### FOR THE HEALTHY ADULT

In general, the physical worker's hygienic regime is the same as that recommended for the sedentary worker except that, in so far as his body already receives adequate exercise in his labors, he need not apply himself so studiously to this form of physical activity as the sedentary worker should.

His body is already used quite actively. However, I would heartily endorse sports for him as well as for the sedentary worker.

The dietetic outlines are the same for both male and female groups. However, the general instructions for each will vary.

Usually the man must go to business each day while the woman remains at home taking care of the house and children. Consequently, the hygiene recommended for both will vary somewhat.

I have found the following work quite satisfactory with most of my business men patients. Their daily regime is somewhat as follows:

- (a) A minimum of eight to nine hours sleep either on an open sleeping-porch or with the head of the bed adjacent to a wide-open window.
- (b) If one can become adapted to nude sleeping, it is superior to sleeping in pajamas or night-gown. It gives the skin a better opportunity to breathe. As it is, we are the only creatures in life wearing clothes, and as such, our skin is inevitably bound to suffer.

- (c) Sex relationship confined to twice per month at the maximum, preferably once per month.
- (d) On arising, empty the bowels and bladder.
- (e) Immediately after, from ten minutes to half an hour calisthenic setting-up exercises, the vigor depending upon the strength and general health of the individual.
- (f) A cold shower.
- (g) Breakfast as recommended below.
- (h) At least twenty minutes to half an hour's walk to the office—the balance riding, if pressed for time; but a longer walk, if not pressed for time.
- (i) At least three times per day complete relaxation from business—from two to five minutes.
- (j) If you get an hour off for noon lunch, devote at least half an hour to walking in conjunction with deep breathing. This should be before the meal, preferably.
- (k) Again, a short walk before going home.
- (l) Evening meal which should be eaten leisurely, and well-chewed.
- (m) Some light entertainment, amusement, or recreation such as theatre, radio, automobile ride, reading, dancing or any other of the multitude of amusements necessary to create diversion, recreation and stimulus to the mind.
- (n) Bed after five or six minutes of setting-up calisthenic exercises.

#### HOUSEWIVES

The general daily conduct of the housewife should be somewhat similar with the exception that instead of going to business, the average woman's business is at home.

Unfortunately, most women are slaves to their household duties. They do not get out sufficiently. They are tyrants of housework, thinking more of the cleanliness of their home than of their own state of health.

Where the children are at school or where there are no children, the woman ought not to spend more than two hours a day at home taking care of her household duties. Her health, mental state and conjugal relations are infinitely more important than the fetish of a clean house.

Women should get out. They should engage in social activities, in sports activities, in civic work and in various other forms of activity which readily present themselves—recreational, mental and especially in service to others.

### SAMPLE THREE-DAY DIETARY FOR THE HEALTHY ADULT

#### *First Day*

<i>Breakfast</i> . . . .	Orange juice. Apple. Dates and nuts.
<i>Noon</i> . . . . .	Lettuce, tomato. Mayonnaise. Artichoke. Apple sauce. Whole wheat or corn bread, butter.
<i>Evening</i> . . . . .	Vegetable salad of asparagus, beet, carrot, peas. Plain dressing of lemon juice, honey and oil. Baked egg plant. Fresh peas. Whole wheat or rye bread and butter.

*Second Day*

- Breakfast* . . . . Prune juice.  
                          Salad of apples, celery, raisins.  
                          Mayonnaise dressing.  
                          Dates.
- Noon* . . . . . Fruit salad of cut-up oranges, banana,  
                          apple, pear, raisins.  
                          Honey dressing.  
                          Grated carrot—banana dressing.  
                          Corn on cob.
- Evening* . . . . . Lettuce.  
                          Mayonnaise.  
                          Buttered beets.  
                          Scalloped carrots.  
                          Bran muffin.

*Third Day*

- Breakfast* . . . . Wheat, rice or barley cereal flavored  
                          with cream and honey.  
                          Dried fruit.
- Noon* . . . . . Raw salad.  
                          Asparagus on toast.  
                          Baked apple.  
                          Coffee substitute sweetened with ma-  
                          ple sugar.
- Evening* . . . . . Chopped spinach, raisins, tomatoes,  
                          lettuce.  
                          Plain dressing of lemon juice, honey  
                          and oil.  
                          Cream of tomato soup.  
                          Baked potato.  
                          Cubbison's whole wheat crackers and  
                          butter.

## CHAPTER XLIII

### INSTRUCTIONS ON TECHNIQUE

For the purpose of describing the correct technique for the administration of the various measures recommended throughout this book and for economy of space, I am devoting this chapter exclusively toward giving these necessary details of technique.

As every experienced mother and nurse knows, there is a right and a wrong way of applying these remedies. To use a remedy correctly accomplishes, in itself, fifty per cent of the result.

#### WATER PACKS, COMPRESSES AND FOMENTATIONS

##### MATERIALS NEEDED

- (1) For practical household purposes an ordinary cotton sheet or a cotton towel will do quite satisfactorily.
- (2) A piece of flannel such as an old blanket—larger, however, than the cotton goods.
- (3) An ordinary flat agate pan.

##### METHOD

For compresses or fomentations applied to the abdomen, chest or any other broad surface, it is most advisable to have the larger blanket or woolen flannel encircling the patient's body, opening on the surface where the hydrotherapy is to be applied.

Dip the cotton towel or sheet into the water and wring until it no longer drips but leave enough water in it so as to be thoroughly wet. Apply over the area affected. Then cover the wet cloth with the dry woolen or flannel one. Secure with safety-pins.

The dry woolen cloth should overlap the wet one by at least three inches on all sides.

It is also good policy to use several thicknesses of both the wet and the dry cloth.

For smaller surfaces such as compresses around the neck or limbs, the wet cloth should be put on the dry one before applying to the patient and both applied together and secured with safety-pins.

### HOT COMPRESSES

For good technique in applying hot compresses, rapidity of change is essential. Do not remove the one on the patient until the next one is ready to slip on instantly.

By no means allow the patient to chill. Whatever windows are open should be open in such a way as not to permit a direct current of air on the patient.

Remove only enough bed clothes to permit free access to the area on which hydrotherapy is being applied.

Do not expose the patient nude for any other but body packs.

### COLD COMPRESSES

They should not be changed until they have absorbed sufficient body heat to take all the chill out of the wet cloth.

The usual objective of cold compresses is to extract heat, such as in fever. They should be applied until the body temperature has subsided and should be changed as often as they get warm.

### BODY PACKS

Where these packs are recommended, it is best to use a full-sized bed-sheet and a full-sized woolen blanket. Both the bed-sheet and the blanket can usually be folded in half.

Place the dry blanket on the bed. Then place the wet sheet in the center of the blanket. Have the pa-



tient lie nude on his back in the center of the sheet. Tuck up the blanket, pinning it along the feet and in the center, the entire length of the body.

The arms should be out, the neck and head free. All the rest of the body, however, should be enclosed.

If the patient is accustomed to sleeping on the abdomen, reverse the arrangement, pinning the blanket along the back of the patient instead of in front.

The object is to leave that part of the body on which the patient sleeps, smooth and free at the junction point of the two ends of the blanket.

#### STATIONARY TEMPERATURE TUB-BATHS

Where this is recommended, first adjust the mixture of hot and cold water at the temperature desired. Then fill the tub to the depth called for.

To keep at constant temperature, remove the plug part way and permit the water to flow in so as to create a constant circulation at uniform temperature.

#### COLD SHOWER-BATHS

Frequently people do not react as they should from cold showers, largely because they do not understand the proper way to take them.

When one is unaccustomed to a cold morning spray, it is most advisable to permit the skin to cool off thus discharging the animal heat accumulated from a night in bed. That is, before turning on the water permit the body to remain nude for from one to two minutes. Then turn on the shower but do not step under yet.

After the body is cool, put the hands under first, allowing the cold water to run on them for thirty seconds to a minute, thus permitting the blood-stream to be slightly cooled. Then, with the wet hands, rub the chest, the abdomen, the pelvis and back, but still remain outside until most of the body is wet from the hand rub.



If one wishes to use the cold bath for cleansing purposes as well, soap the parts which need cleansing, outside of the shower. Then, when the body is slightly wet from the cold friction hand rub, get under slowly.

One of the mistakes people make with the cold shower is that they remain under too long. One can secure all the desired effects, both tonic and cleansing, by remaining under for no more than thirty to forty-five seconds. That is quite sufficient.

Next comes the reaction from the shower which is just as important as the cold water itself. Use a heavy coarse Turkish towel—the heavier, the better. Where the shower has taken less than one minute, spend five minutes, at least, in giving yourself a heavy friction rub until you get the pink, flushed glow over the entire skin. You are then ready to dress and in shape for the day's work.

### SUN BATHS

Throughout this book you will note that I recommend sun baths for a large number of diseases.

Unless these sun baths are properly taken, they may do as much harm as good.

Bear in mind that, throughout a lifetime, the average person's entire body is covered with clothes night and day. Also remember that the body will stand evolution but not revolution.

Therefore, it behooves us to take measures such as sun baths slowly, and by a gradual process of adaptation. Where you have not been accustomed to nude sun baths, start with no more than two or three minutes for the first day. Increase one minute per day until you are taking the length of time desired. However, if you are instructed to take a two-hour sun bath, that does not mean that you should bake in the sun uninterruptedly for this period. This is not desired.

If you haven't a cold shower on hand, take a pail of water and a soft scrub brush with you. After fifteen or

twenty minutes or thereabouts, depending upon the intensity of the sun and upon your reaction, give yourself a cold-water sponge, cooling the entire body and drying off in the sun.

It is also good policy, especially for those who have a tendency to faint or for those who have high blood pressure or heart disease, to wear a cold, wet towel around the head. At the close of the sun bath, take a cold shower if you are accustomed to it—otherwise, a tepid shower to rid the skin of the accumulated perspiration debris.

Sun baths should not be taken through screen, glass, curtain or clothes. The slightest obstruction, transparent or opaque, prevents the all-important ultra-violet rays from reaching the skin.

The sun bath may be taken indoors or outdoors—indoors, merely by opening the window and removing the screen.

I have had many of my patients build outdoor sun-parlors at a cost of no more than four or five dollars—merely a simple supporting frame without roof or floor and using inexpensive roofing paper for the walls.

Any housewife can construct such a simple affair with but a few hours' labor.

Even blankets will quite suffice for improvised walls, the only objective being to secure the necessary privacy.

### SITZ BATHS

A sitz bath may be taken in any ordinary tub at any temperature desired.

In this bath the body is dry from the middle of the thighs downward and from the top of the hip upward. Its function is directed principally toward the lower abdomen and pelvis, front and back.

The technique is nothing else but sitting in an ordinary bathtub with water at the temperature desired, except that the feet should be raised. This may best

be done by taking an ordinary wooden box or large dish pan, inverting it and permitting the feet to rest on it above the level of the water.

The water should not be permitted to go beyond the top of the hip-bone.

### CHEWING

Gulping and rapid eating are responsible for a good many of our digestive disturbances. The inculcation of good chewing habits is all-important for health.

Where one is trained as a gulper, definite exercises in technique are necessary.

Take small bites. Put no more than a level teaspoonful of food on the fork or spoon so as to accustom yourself to small bites. Chew every mouthful at least sixty times before swallowing. Don't put the second quantity of food into the mouth until the first has been swallowed.

It will take longer to eat but it will be well worth while.

Very frequently but one side of the mouth is used—the other neglected. Any dentist can instantly tell the part of the mouth that is exercised and that which is not.

Try to use the back teeth of both sides of the mouth.

### POSTURE

Few persons have normal posture. The trouble starts early in life and is continued throughout the advancing years.

Abnormalities of posture lead to a host of other ailments. These ailments cannot be cured until posture is corrected.

Correct posture should be followed while standing, walking or sitting. There is no excuse for slovenliness.

Good posture is restful and creates better endurance. Above all, it gives to the internal organs the allotted space Nature intended them to have.

Time and again, poor posture has been responsible for tuberculosis, asthma, chronic constipation, auto-intoxication, for falling of the uterus, bladder, intestines and stomach, as well as for many similar diseases.

The most important area involved in faulty posture is the abdomen. The protruding, relaxed abdomens are the rule, instead of the exception. It is so easy to "let the front sag."

"Abdomen in" should be the principal rule of correct posture.

Next come the stooped shoulders, curved spines and drooping heads.

"Chest high," is also good advice.

"Head up, chin in."

The trick of proper posture is not only in correct position but also in poise, in equilibrium and in freedom from strain.

The feet should be slightly pointed out—the knees stiff instead of sagging. Stand on both feet instead of on one.

Keep both feet on the floor in sitting position.

Sit upright instead of leaning back.

All clothing should be loose. Tight abdominal girdles, corsets, brassieres or belts should not be used.

Woman's dress should hang from the shoulders, the logical support for clothes.

Men's trousers should be supported by the old-fashioned "gallus" which may be hidden underneath the shirt.

Tight belts are criminal.

## BREATHING

Few people breathe as they should. Most of them breathe too shallowly. Many are mouth-breathers. With still more the lungs are cramped because the shoulders are stooped and the chest is cramped.

The first essential toward normal breathing is proper posture, the details of which have been mentioned in the paragraph before this.

Although there are many types of deep breathing for special purposes, such as in exercise or for overcoming colds, yet, for all ordinary purposes, inhalation and exhalation should be through the nose.

While walking, consciously train yourself toward deep inhalation and exhalation—not to the point, however, where it creates pain or dizziness.

Learn to breathe as much with the abdomen as with the chest. For this purpose, of course, clothing must be loose, permitting free movement of the breathing muscles.

For practice purposes during a slow walk, standing or sitting position, eight to ten complete respirations per minute will be found quite satisfactory.

Keep on practicing deep breathing until it becomes a conscious habit. Then your breathing problem is over and you will find your general health, especially immunity to respiratory diseases, tremendously increased.

Oxygen is the breath of life. Few of us get enough of it.

## ENEMAS

For emergency purposes the best method of cleaning the bowels is by means of a "high" enema. I call it "high" because the rectal tube should be inserted from eight to twelve inches. The hard mercerized rubber tube which usually accompanies douche outfits is not so satisfactory as the soft rectal tube purchasable at any drug store.

This soft tube may be attached to the hard rectal nozzle.

For most of the emergencies, if an enema is self-administered, the common knee-chest position, that is, the patient kneeling on the floor with head and chest

lowered as much as possible and with the buttocks protruding, is most advisable.

The douche can should be attached to a hook on the wall about four feet from the floor.

Be sure the rectal tube is lubricated, as sometimes, especially where hemorrhoids are present, injury may be done to the delicate rectal tissue.

As a rule, it is not advisable to inject more than one quart of water at a time. Where a two, three or four-quart enema is desired, it should be taken in several installments. Evacuation should take place after each injection.

Body temperature is the most desirable for most conditions. Large quantities of water and high temperatures tend to bloat and to prolapse the rectum.

All warm enemas should always be immediately followed with from two to six ounces of cold water, which should be retained in the colon for from two to four minutes and then discharged.

The cold water acts as an intestinal tonic and prevents sagging and "ballooning" of the rectum.

For a bedridden patient, turning on the right side is more satisfactory than the knee-chest position. All other phases of technique are the same.

### RELAXATION PERIODS

Relaxation, especially with many highly tensed, neurotic women, is almost impossible. Yet, its benefits are inestimably great.

The tremendous dissipation of nervous energy leaves the great majority of women and many men with a vital reserve entirely inadequate to cope with modern civilized conditions.

Our physical resources we hardly use at all. Our nervous resources we spend with a wantonness and a recklessness for which we are inevitably bound to pay a dear price.

Nervous conservation, freedom from tension, com-



plete relaxation—these are goals well worthy of achievement. For this purpose a number of physical measures suggest themselves. First, and perhaps most important of all, is the mental phase of relaxation.

Worry, fear, anger, discord or similar emotions are diametrically opposed to relaxation. They are the sources from which is bred the high state of nervous tension so characteristic, today.

The mind, by an effort of will, must be kept free from the negative emotions. Thoughts must be directed along brighter channels.

The environment should be consciously guided so that laughter, joy, harmony and accord shall be the rule. Every psychological means should be used to secure poise, calm and inner peace.

Next, of course, comes the relaxation of the body.

Three or four times per day, loosen the clothing, remove the shoes and lie down flat on the bed—arms spread out, head thrown back, eyes closed—stop thinking. Let every muscle sag.

Try to induce that state of semi-consciousness midway between sleep and wakefulness.

Feel the currents of new vitality flowing in. If possible, go to sleep. Even fifteen or twenty minutes of sleep relaxation will work wonders in nervous recuperation.

At night, if sleep is impossible, take a tepid shower. See that the bowels and bladder are emptied. Relaxation is easier when the stomach is not loaded.

Very frequently it is helpful to eat six or seven times per day, making the total quantity of food no more than it was previously.

### VOMITING

*(Especially Under Acute Conditions)*

The cleansing of the stomach during an acute attack, either by vomiting or by means of the stomach-pump, is very important.

There are a number of ways to induce vomiting. About the simplest and the most efficient for ordinary purposes is to stick one's finger down the throat until gagging and regurgitation occur.

If this is distasteful, have the patient consume a tumblerful of warm water to which a heaping teaspoonful of powdered mustard or a level teaspoonful of ordinary mustard has been added.

### STOMACH LAVAGE

Under conditions of poisoning, especially, where a more efficient job is desired, the stomach-pump should be used. This may be purchased at any drug store.

The technique is as follows:

Lubricate the end of the tube either with olive oil or with plain petrolatum (vaseline). Thrust the head backward as far as possible. Open the mouth wide. Thrust the tube as far back into the mouth as possible. If the patient coughs, know that you are in the wrong opening and that the tube is going into the trachea instead of into the esophagus. Do not attempt to force the tube down.

When you have inserted it approximately one inch, have the patient swallow. As swallowing takes place, gently force the tube down. You are then ready to fill it with water.

At the end of the stomach tube you will usually find a rubber funnel. In the middle of the tube there is a compression bulb. Put in approximately one quart of water. Then lower the external funnel end. Compress the bulb and siphon the stomach contents.

Repeat this process of washing the stomach until its entire contents are removed and the water comes out clear.

### PERSPIRATION

To keep the skin vital and alive and elimination adequate, the pores must be kept open.

There are two methods of perspiring—active and



passive. Both of them open the pores. The difference between them, however, is that in active perspiration the skin discharges considerable quantities of toxins but, in passive perspiration, the sweat consists principally of fluid with much less toxic waste in it.

Active perspiration is induced through exercise only and is the result of muscular contraction—the by-products of metabolism being discharged through the work of the body.

Passive perspiration is the type that must be resorted to most frequently during illness. This may be induced in several ways.

If a sweat cabinet is on hand, fifteen or twenty minutes in it will be quite sufficient to open the pores freely. This, however, is not available in most homes.

The next method is by means of the electric blanket. Wrap the body with one or two layers of common bed-sheet. Then encircle the body with the electric pad and turn the heat on.

This will usually open the pores and allow free perspiration in twenty or twenty-five minutes.

It is advisable, when perspiration is induced by heat, to apply a cold cloth around the forehead, keeping it damp and cold during the entire sweating process.

If an electric blanket is not available, hot-water bottles or hot packs applied adjacent to the abdomen or back and feet will also help perspiration, especially if they are accompanied with an excessive amount of bed-covering. Two or three times the normal number of blankets over the patient will usually induce free perspiration throughout the night.

Sometimes a warm bath is necessary to start adequate perspiration. Do not stay in it too long. In fact, passive perspiration by any of these means should seldom be encouraged for more than twenty minutes to half an hour and under conditions such as high blood pressure, kidney disease or heart disease, it should be less or not attempted at all.

Another efficient way to open the skin pores is through hot compresses and fomentations. (Description of technique I have given under another paragraph of this section.)

### SEXUAL INTERCOURSE

As a rule, the sick adult must conserve every bit of vital energy the body contains. Sexual virility and strength are, with the great majority, seriously impaired by illness.

Few, indeed, are suffering from under-exercise of sex function. Most are suffering from over-indulgence.

In the male, the seminal secretion carries with it a strength and vitality embodied in no other vital secretion. Especially for those in middle or advanced age, this sexual secretion had better be retained in the body during either chronic or acute illness.

Hoarding of the vital resources is practically synonymous with sexual continence.

With very few exceptions, therefore, I make it a general rule to recommend complete sexual abstinence until the body is again functioning at par.

In women the sexual drain is not quite so extensive, largely because their sex life does not involve as great a loss of strength as with men. Their function is more of a receptive, semi-passive role and consequently does not call for the same nervous expenditures.

However, to avoid the extremes in nervous expenditures which sexual indulgence invites, the same general rule is applicable to women suffering from these diseases.

In short, the general principle I would establish for all adults during acute or chronic illness is "no sexual intercourse."

### EXERCISES

There are various methods for giving the body physical activity. In general, the most desirable kind is where it is associated with the right mental attitude.

Where you tense yourself and consider that setting-up work which must be done each morning is like taking a dose of bad medicine, your exercises are of very little benefit.

By far the most desirable form is play exercise; that is, sports of different kinds such as horseback riding, swimming, golf, tennis, mountain-climbing, hockey, skating, dancing, etc.

The calisthenic setting-up work each morning and night also has a useful function. In this, as well as in sports, caution should be taken not to overdo. Fatigue or pain is Nature's signal to quit.

If you are advised to take twenty minutes of exercises each morning, that does not mean that it should be twenty minutes continuously by the clock. With many of my patients a twenty-minute period of exercise will extend over an hour. I advise them to take the exercises for a few minutes until they are tired, then lie down flat and relax—then repeat.

Another factor in exercise is that many think they require apparatus with the result that heavy dumbbells, exerciser springs and other gymnastic apparatus are bought.

Gymnastic apparatus has its place, but it requires someone trained and skilful to determine its kind and usage.

Instead of exercising with strain or for the purpose of lifting or pulling heavy weights or springs, the objective of exercise should rather be form, grace, liteness, agility, adroitness and skill.

Bulging muscles are, most assuredly, not the ultimate desideratum of exercise. Rather adequately functioning muscles, lithe and skilful muscles—how much better a goal!

PART II

THE PREPARATION  
*of*  
HEALTH FOODS

*By* LEAH PRESS-LOVELL



## GREETINGS

To those who wish to come by a quick road to a more healthful, sane way of eating; to those who would choose a more roundabout road—to both we offer this book.

It is a compilation of our own and your recipes, you who have sent them in to "The Care of the Body" department of the Los Angeles Times, you who have given your quota for the joy of helping others.

From everywhere the recipes have come. We have changed some, that they may come closer to health standards. We trust that you will find them wholesome and helpful.

If you have trained yourselves to live simply you will find simplicity in these pages. If you must be gradually weaned away from bad dietetic habits, you will find a way here.

Do not cling slavishly to any recipe. Learn to make the most of what you have on hand. Create your own salads even as have our many friends who have so graciously shared their recipes with us.

Encourage the young people to prepare delightful salads and other health dishes. Discourage the indulgence in white sugar fudge and in unwholesome pastries. Let them feel free to experiment with health candies, with unfired cakes whose ingredients are dates, raisins and other dried fruits. What wholesome enjoyment they will get through creating a cake that is particularly appropriate for this occasion or for that holiday! Soon they will have a book of their own recipes.

In the market, today, there are all sorts of labor-saving devices. Fit up your kitchen with those neces-

sary toward making the preparation of foods a joy to you. You will then be inspired toward creating healthful dishes best suited to your family's needs.

Remember that the food you take in today builds the body of tomorrow. Then what a sacred service is ours, today, to build the bodies of our loved ones into temples of strength and beauty for the future which we would have them face joyously and fearlessly.

This book is dedicated to all who helped to make it; to all who use it and to my dear friend, A. M. G. May it serve you well.

Particularly to Marie Press do we owe deep gratitude for her untiring assistance.

L. P. L.

## CHAPTER I

### DO YOU KNOW THAT—

Grains, nuts, vegetables and fruits contain all that is necessary to make good blood?

The bulk of our meals should therefore be fruits and vegetables?

Nuts are rich in proteins and fats? (Superior to animal products.)

Spinach, tomatoes and cabbage (raw or steamed) should appear very frequently in children's diets?

Honey, pure maple syrup and raw sugar are wholesome sweeteners? Do not use white sugar nor corn syrup (glucose).

Cereals deprived of their essential elements by modern milling processes are to be avoided—polished rice, pearled barley?

Polished rice is coated with glucose and talcum to produce the pearly appearance? *Never use it.*

Pure olive oil is the most wholesome and nutritious of all oils?

Raw beets and carrots are excellent worm killers?

Leafy and juicy vegetables are the most valuable of the mineral salts group?

Leafy vegetables are best raw?

All foods will mix as long as they are uncooked?

Fried food is indigestible because the fat surrounds the food cells and prevents the action of the digestive juices?

Salt inflames the bowels and irritates the kidneys?

Vinegar should never be used?



Cocoonut prepared with glycerine should not be used?

Soy sauce or Shoyu is made from soy beans and can be bought at Japanese stores? It gives a tasty flavor to gravies and to cereals.

Chestnut flour can be bought at Italian stores?

To scald milk you put it in a double boiler, have the water underneath boiling, let it stand until bubbles begin to form around the edge of container?

To butter cracker crumbs you allow about one-fourth cup of melted butter to every cup of crumbs? Stir lightly with a fork in mixing.

To cream butter, work it in a bowl with a wooden spoon until soft and of creamy consistency?

Parsley, eaten after onions or garlic, neutralizes their odor?

Carob or St. John's bread can be bought at Health Food Stores in the form of meal or crumbles, or in its original form?

Red or green peppers may be used as cases for salads and vegetable containers? So, too, may grapefruit, lemon and orange cups be used for baskets.

One may use whole wheat flour, garvanza meal or yellow corn meal, to take the place of corn starch for thickening gravies and sauces?

Spices and herbs will be found to have a more interesting flavor when bought whole and crushed fresh when needed?

A mortar and pestle is convenient when one wishes to crush spices or herbs or just a few nuts? Pint size, about \$1.00.

Foods with strong odors should be placed where circulation of air will not carry odors into other foods (cabbage, cauliflower, oranges, lemons, apples, melons)? In the side icer their place is on the top shelf.

Milk and butter absorb odors quickly? Keep them closely covered in the refrigerator.

Agar flakes (vegetable gelatine) are superior to animal gelatine?

Agar, Irish moss, lettuce, mushrooms, grapes, bananas, strawberries, pears, white cabbage, green peas, asparagus, tomatoes, string beans and carrots contain organic iodine?

To make bread more pleasing for children cut out forms with animal cookie cutters, etc., and toast it? This, with hard crackers, affords excellent tooth exercise for the little ones.

One may buy whole wheat flour at the Health Food Stores and grist mills?

You can get pure, sweet, unadulterated apple cider?

Foods to avoid in summer are: Rich gravies, rich sauces, pastries, cakes, syrups, sweets and hot breads?

Foods to depend on in summer are: Fresh vegetables, fresh fruits, fruit juice drinks and milk?

In our experience we have found *The Cary Health Cooker* one of the best available, giving most satisfactory results in conservation of the vital principles of food. Their advertisement appears in the back of this volume.

There are numerous devices on the market for the convenience of all? Here are a few:

1. Universal bread maker.
2. Fruit press.
3. Potato ricer (to squeeze juice from grapes, berries and other small fruits).
4. The Russwin food chopper not only chops the foods, but catches and directs the juice.
5. Water power and electric whippers. The latter are still a little prohibitive in price.

6. The Climax grater or the Schroeter grater will grate your carrots, nuts, etc., without injuring your hands.

7. The Quaker City mill for grains and nuts.

8. Electric refrigerators.

Fancy cutters for salads may be bought, such as stars, hearts, balls, cubes, strips, etc.?

The English vegetable cutters may be bought in a set for \$1.00? They contain eleven different shapes.

A small scrubbing brush (for vegetables), and at least two small pointed paring knives, are welcome kitchen utensils?

Half a lemon kept near the sink to rub the hands with after the work is finished will soften the skin and remove stains and odors?

Lemons, kept in a tightly sealed mason jar, will stay fresh for two or three months, if necessary?

Lemon juice and milk, generously applied to ink stains on white goods, will remove the stains completely?

To wash vegetable and bread boards, scrub with a small brush, following the grain of the wood?

If you apply soda to a burn at once and keep it covered with a cold pack, you will relieve the pain and prevent a blister? Olive oil and white of egg in equal parts will give the same result.

## CHAPTER II

# GARNISHES AND FLAVORS WEIGHTS AND MEASURES

## GARNISHES

Use ferns, lettuce, endive, spinach, parsley, carrot tops, nasturtiums as garnishes.

Designs cut from orange, lemon and grapefruit rinds, sliced tomatoes, slices of lemon or orange with peel on.

Lemon cups with slice cut off base end to make it stand firm, form containers for mayonnaise.

Orange and grapefruit halves with picoted edges, or cut as baskets, may be used as containers for salads. Keep them in ice water until serving time. Tomato cups, as well as beet, turnip and apple cups may be used.

To fringe celery cut stalks even lengths, two or three inches; then cut edge fine to within one inch of center; place in ice water or on ice. Tender inner parts may be left with leaves on and the other end fringed.

Carrots, beets and turnips may be cut into slices, strips, round pieces, or into fancy shapes with vegetable cutters.

Radish flowers: Wash well, cut off long tips, remove all but one or two leaves. Cut in halves from tip almost to base, then into quarters and eighths. Carefully loosen outer skin as far down as it is cut. Place radishes in ice water or on ice for several hours. Do

not remove from ice until ready to serve. They will look like lilies, and will be crisp and sweet.

Lettuce rolled tight, cut in thin slices, and shaken out may be used for salad beds or for nests or borders.

Flower garnishes: (1) Form Black-Eyed Susans by using ends of small black olives for center and carrots for petals.

2. Daisies may be formed of hard-cooked eggs, centers of riced yolks and petals cut from the whites.

Garnish loaves with carrots diced or sliced or cut in strips and sprinkled with minced parsley.

Cut lemons into slices of quarters or sixths.

Mashed peas or potatoes may be used as a garnish through a pastry bag, as also may mayonnaise or whipped cream.

*About Colorings:* To get *red*, slice a red beet into cold water and let simmer to just below boiling point; strain.

To get *green* put through grinder parsley, spinach or watercress and press out the juice; lemon juice may be added.

## FLAVORS

The natural flavors of vegetables should be enjoyed and not destroyed by condiments. Use herbs and strong flavors sparingly.

Strong flavors—sage, savory, thyme, bay leaf, garlic, onion, chives, leeks, marjoran, rosemary.

Lighter flavors—celery salt, seeds, stalks, leaves, parsley.

Celery leaves dried make splendid flavorings. They may be powdered by rubbing through a strainer. Celery salt (powdered celery) can be bought at any health food store.

Flavor of garlic is gotten by rubbing the dish in which the food is to be served with a cut clove of garlic.

Shredded fresh mint is fine with orange or grapefruit.

To flavor sauce, soups, loaves, croquettes, etc., combine browned whole wheat flour, sliced onions and a little tomato. Vary this with any of the following: Bay leaf, a touch of sage or thyme, grated carrot, dried or fresh celery tops, garlic, powdered or dried mushrooms, soaked.

Another flavor for the same is butter, oil or part of each, plus a little lemon and parsley.

Or sliced onions, browned flour and oil cooked together with water until the onions are tender.

Flour is rendered more digestible by browning.

## ABOUT SEASONINGS

### I. PERMISSIBLE SEASONINGS

Lemon juice.	Capers (if not preserved in vinegar).
Mint.	Powdered beet leaves.
Sweet pimientó.	Powdered spinach.
Green peppers.	Celery salt (powdered celery).
Bay leaves.	Horseradish (not mixed with vinegar).
Paprika.	Sage.
Onion salt (if not mixed with table salt).	Mushrooms.
Onion.	Thyme.
Garlic.	Savory.
Chili sauce (if made with health ingredients).	Shoyu sauce (may be bought at Chinese or Japanese stores).
Chili powder (if made of sweet pimientó).	
Parsley.	

### II. PERMISSIBLE SEASONINGS, IF USED SPARINGLY

Cloves.	Mustard.
Ginger.	Allspice (pimientó).
Cinnamon.	Curry sauce.
Nutmeg.	Mace.

## III. OBJECTIONABLE SEASONINGS

Salt.	Catsup.
Pepper (black, white, cayenne).	Any pickled foods.
Worcestershire sauce.	Vinegar.
	Anything containing vinegar.

## WEIGHTS AND MEASURES

1 pint water equals 1 lb.	2 oz. equal $\frac{1}{4}$ cup.
1 pint equals 2 cupfuls.	3 cupfuls corn-meal equal 1 lb.
1 oz. equals 2 level table- spoonfuls (water, oil, sugar).	3 cupfuls raisins equal 1 lb.
1 tablespoon honey equals 1 oz.	$3\frac{1}{2}$ cupfuls flour equal 1 lb.
1 tablespoon raw sugar equals $\frac{1}{2}$ oz.	$3\frac{1}{2}$ cupfuls rice equal 1 lb.
1 tablespoon oil equals $\frac{1}{2}$ oz.	4 cupfuls grated cocoanut equal 1 lb.
	1 tablespoon nut butter equals 1 oz.
3 teaspoonfuls equal 1 tablespoon.	1 cupful brown sugar equals $\frac{1}{2}$ lb.
1 cupful butter equals $\frac{1}{2}$ lb.	1 round tablespoon of butter equals 1 oz.

NOTE: Unless otherwise specified "teaspoon" and "tablespoon" mean full to the level of sides of spoons.



## CHAPTER III

### FRUITS

All fruits are acid binding. This is especially true of the so-called acid fruits such as oranges, apples, pears, tomatoes and grapes.

They neutralize the physiological acids formed by the body.

Fruits are indicated for all diseases with no exceptions, even for stomach hyperacidity and rheumatism, two diseases in which our medical brethren very unwisely prohibit so-called "acid fruits." These diseases, particularly, yield to acid fruits.

All fresh, ripe, natural fruits are laxative. Some, such as prunes, figs, raisins, apples and oranges, are especially so.

If fresh fruits are not available, natural dried should be second choice. Next come canned fruits, while last, and of least value, come the preserved, jellied, glazed or other processed fruits.

#### *About Fresh Fruits:*

1. Fruits are the most perfect of all foods.
2. Fruits are best eaten in their natural state. They need no preparation.
3. They allay thirst.
4. They supply us with natural sugar, acids, mineral matter and bulk.
5. Sugar of fruits is all ready for assimilation, therefore less labor for the body.
6. One needs no sugar with ripe fruits, for they abound in natural sugars.



7. Very laxative.

8. Fruits must be thoroughly ripe but free from decay.

*About Fruit Juices:*

Berries and grapes may be put through the potato ricer to extract the juices.

Use a lemon or "Sun Kist" squeezer for making orange, lemon or grapefruit juice at home.

A few of the more prominent fresh fruits are worthy of special attention.

Recipes for them will be found under Fruit Salads.

## FRESH FRUITS

### APPLES

Best eaten in natural form with the skin. Excellent laxative; stomach remedy; anti-rheumatic; a splendid preserver of a healthy blood stream; the best ingredient for fruit salads.

Feed its refreshing pulp to baby.

Remember, "An apple a day keeps the doctor away."

### GRATED APPLE

Grate apples, skin and all. Serve with a few dates sliced over the top.

(See under Fruit Salads for other recipes, pages 213, 214.)

### AVOCADOS

The richest natural food in fats. The most assimilable form in which oils or fats can be eaten. A natural oily laxative forming ideal combinations with any other fruit, vegetable or grain. Superior to any other weight-building food, as it does not constipate nor produce gaseous fermentation. Excellent for children and for invalids, particularly.

Avocados are the coming great nutritional food.

(See Recipes, pages 179, 180, 181, 182, 183, 184, 213, 409, 410.)

## BANANAS

One of the best assimilable starches. If fully ripe they contain an appreciable amount of sugar, excellent for children, particularly.

A good substitute for cereals.

Eat only when mellow ripe—that is, when skins are covered with brown spots.

Bananas must ripen slowly. Choose large plump ones.

Best eaten “as is,” with skins and fibres removed.

Splendid combined with almond butter or with almond cream and with Brazil nuts.

Has laxative effect, if very ripe and if eaten on an empty stomach.

## BERRIES

To extract juices put berries through a potato ricer. (See Fruit Salads, page 215.)

## CANTALOUPE

One of the finest summer fruits, excellent for breakfast, for the breaking of fasts, and for chronic digestive troubles. Should be liberally used during its entire season.

(See Fruit Salads, page 216.)

## CHERRIES

Select large-sized cherries, free from decay and over-ripeness.

## DATES

The California date is far superior to the foreign variety. It is cleaner, better packed, seldom re-cleaned or re-steamed. It contains a large amount of assimilable sugars and mineral salts and it is well worth the difference in price. Avoid processed dates.

Serve dates and nuts together, “as is.”

Slice dates. Cover with nut cream or with dairy

cream, plain or whipped. Serve dates and milk for children rather than crackers and milk.

(See Fruit Salads, pages 217, 223.)

(See Confections, pages 156, 157, 159.)

### FIGS

Figs should be unsulphured. The black figs are superior in laxative nature. The fig juice, made by soaking figs from twelve to twenty-four hours, makes one of the finest *drinks* known.

Figs, prunes, raisins, raw or steamed, are excellent natural laxatives.

### GRAPES

Rich in iron and in other mineral salts, the grape is undoubtedly one of Nature's finest health-restoring fruits. The grape cure is famous as a mono-diet cure for many diseases, especially of the rheumatic and gouty variety.

### GRAPEFRUIT

(See Fruit Salads, page 221.)

### ORANGES

The juice is one of the most nourishing and healthful beverages known. A food suitable for sick and well, for young and old, in every climate and under all conditions. Genuinely the great life-saving fruit, being put to more uses by doctors and by dietitians than all other fruits.

When frozen, oranges are poisonous.

(See under Beverages, pages 420, 423, 424, 425, 427.)

(See under Fruit Salads, page 223.)

### PEACHES

Best if allowed to ripen on the tree.

Ripe, mellow peaches excellent for children. The juice and pulp fine for babies.

To remove the down, wash in cold water and rub with a cloth.

## PINEAPPLE

Pineapples, if fully ripe, are of a golden orange color. Leaves pull easily from crown, if ripe, and are white for some distance up from base.

Keep pineapples and strawberries in a cool, dry place, for moisture hastens decay.

Pineapple juice is a good remedy for colds, coughs and croup.

## TO PEEL PINEAPPLES

## 1

To remove skin and eyes from pineapples easily, plunge them into boiling water the same as is done with peaches, etc. The ripeness of the fruit determines the length of time for it to stay in the water. Use a silver fork to shred.

## 2

*To Peel:* Wash, drain. Set on a board. Pare by cutting rather thick slices from top down, all around. Use a large, sharp knife. Remove remaining eyes.

*To Shred:* Begin at base and chip off pieces with a fork. It will come off easily from the base. The core will be left. Get juice out of core. Drip honey or pure maple sugar over the shredded pineapple. Let it stand awhile before serving.

(See Fruit Salads, pages 225, 226.)

## RAISINS

Combine well with nuts and breadstuffs. Very nutritious. Raisins should not be bleached nor sulphured.

## WATERMELON

Watermelon is natural, pure, distilled water. The flavor is better if cooled in water than on ice.

(See Fruit Salads, page 228.)

## COOKED FRUITS

## APPLE SAUCES

Never add white sugar in baking nor in making sauces. Honey and nut butters may be served with them instead.

## 1

Wash apples and cut in small pieces using skins, stem, core and all. Steam until soft. Then press through a colander or potato ricer and you have natural apple sauce. Sweeten with honey, raw sugar or maple sugar.

## 2

Pare, quarter and remove seeds from cooking apples. Steam until tender. Strain and sweeten to taste with honey or with brown sugar. When ready to serve, sprinkle with shredded cocoanut or with finely chopped almonds. A bit of lemon or orange rind or nutmeg may be used as flavor. Raisins, too, may be stewed with the apples.

## STEAMED APPLES

Wash, quarter and remove cores. Place in waterless saucepan (preferably). Add honey to taste. Cover lightly and let steam. May be served with plain cream or with whipped cream.

## APPLE—QUINCE SAUCE

3 parts sliced apples to 1	2 parts boiling water.
part sliced quinces.	1 cup honey or brown sugar.

Cook in boiling water for one hour over a slow fire. Add honey or brown sugar ten to fifteen minutes before removing from fire.

## BAKED APPLES

## 1

Core tart apples. Fill centers with fine maple sugar and a bit of water. Bake. When nearly tender, cover with chopped almonds. Serve with whipped cream.

2

Wash and partly core apples, leaving bottom in so filling will stay. Place in saucepan containing a little water. Fill center with honey, raisins or dates. Use a few nuts, if desired. Baste occasionally. Serve with juice in pan and with or without cream.

3

Cut cooking apples in halves and remove cores and seeds. Bake until soft (without sugar). Cool slightly and add small piece of unsalted butter to each apple and a teaspoon of honey. Serve while still warm.

#### BAKED APPLES AND BANANAS

Large juicy apples.	1 tablespoon butter.
Honey.	1½ bananas.

Cocoanut.

Wash and core apples. Place in pan. Drop butter in pan, and honey. Let simmer slowly until tender. Place in casserole. Put about one-fourth banana in each apple center. Sprinkle with cocoanut. Pour syrup, formed in other pan, around them. Bake and serve.

#### BAKED BANANA

1

Peel and cut banana in half lengthwise. Place in shallow baking dish and pour over it one-half cup of warm water. Bake in a moderate oven fifteen minutes. Do not allow to bake dry. No sugar should be used.

2

Bananas may be baked in the skins for twenty minutes in a moderate oven. Remove a strip of skin from top side. Serve in remaining skin.

#### CRANBERRY SAUCE—UNCOOKED

Wash one pint cranberries. Drain well, and put through food chopper. Blend with two fully ripe mashed bananas and sweeten to taste with honey. Let stand for an hour or more before using.

## CRANBERRY SAUCES

I

Wash one cup cranberries. Place in waterless cooker with honey or with brown sugar until berries burst.

2

1 quart cranberries.                      Honey or brown sugar to taste.

Steam ingredients or place in any tightly covered vessel until soft. Rub through a colander. Add honey and let come to a boil. Set aside to cool.

3

One quart cranberries, three apples cut up. Steam about fifteen minutes. Strain. Sweeten to taste with honey or with raw sugar.

## CRANBERRY-APPLE SAUCE

(Serve cold with loaves, roasts, etc.)

1 cup apples (sliced).                       $\frac{3}{4}$  cup water.

1 cup cranberries.                           $\frac{3}{4}$  cup honey.

Mix cranberries, apples and water. Cook slowly until tender. Add honey. Stir until thoroughly blended. Remove.

## CRANBERRIES JELLIED

1 quart cranberries.                      2 cupfuls honey or brown

1 cup water.                                      sugar.

Put cranberries through grinder after washing well. Add water. Cook ten minutes at most. Add sugar or honey. Let cook a few minutes longer. Pour into cold mold to set or into any dish to cool.

## CRANBERRY-APPLE JELLY

Wash cranberries, put through the grinder with half or one-third as much peeled and cored apples. Sweeten with honey and cook until well mixed with the honey.



## BAKED RHUBARB DISH

- 4 cupfuls rhubarb (cut up).     $\frac{1}{2}$  teaspoon mace.  
2 cupfuls brown sugar or    1 large navel orange  
honey.    (use pulp, grated  
 $\frac{1}{4}$  teaspoon cinnamon.    rind and juice).

Cloves.

One-half cup seeded raisins or chopped dates may be added. Then use no honey or sugar. Mix ingredients well. Place in buttered casserole. Bake until tender. Remove cover during last part of baking, if too juicy.

## DRIED FRUITS

Use only unsulphured fruits. Soak, to bring out flavors, in distilled water.

## TO WASH DRIED FRUITS

Pour boiling water over the fruit to loosen the dirt, then immediately add cold water. Wash thoroughly. (If figs are unsulphured, boiling water is unnecessary.) Soak in warm water for from twelve to forty-eight hours. Use "as is" or place on fire, bring to boiling point and remove. Try this with apples, apricots, peaches. Prunes require a longer time to cook.

Some good combinations are: Apples and prunes; apples and raisins; prunes and apricots; prunes and raisins; prunes and figs.

## PRUNES AND FIGS

Wash fruits thoroughly and cut in small pieces. Soak over night. Do not need cooking, but if they are cooked it should be very slowly. Prunes and figs mixed make a good dish. Raisins are good mixed with either one.

Dried fruits such as raisins, figs, prunes and pears may be soaked from twelve to twenty-four hours and served with honey, if desired.



## STEAMED PRUNES

Wash well. Soak over night. Steam or cook in waterless saucepan with lid closed tightly. May be served with cream. Apples, prunes and seedless raisins may be treated in the same way. (Apples need not be soaked.)

## PRUNES

1 pound prunes.

1 stick cinnamon.

2 slices lemon or orange.

Wash and soak prunes over night. Add cinnamon stick and lemon or orange slices. Cook slowly in covered dish until tender (about forty-five minutes). Sweetening not necessary.

## STEWED PRUNES

Do not soak. To wash, pour on boiling water, pour off quickly (this is only necessary if you are not using clean, unsulphured fruit). To cook, cover with boiling water. Let simmer for fifteen minutes in tightly covered pan. (Figs may be treated in same way.)

## PRUNE MARMALADE

Steam prunes. Rub through colander. Serve with almonds or with almond cream, or with whipped cream as a dessert.

## DRIED FRUIT DISH

Soak over night or slightly steam prunes. Remove pits. Serve with a little banana dressing sprinkled with grated nuts.

## STEAMED FIGS

Wash figs well. Steam for half an hour. May be soaked first and steamed slightly with a little honey dripped over them to bring out juices. Serve plain with juices or with whipped cream.

## APRICOT AND PRUNE BUTTER

Stew together prunes and apricots. Rub them through a colander. Cook until of desired butter consistency.

## CHAPTER IV

### NUTS

#### *About Nuts:*

Thoroughly masticate nuts.

Combine nuts with acid fruits.

Fruit plus nuts are unexcelled.

Nuts in the shell keep longer than shelled nuts.

Do not use rancid nuts.

Use nuts as a garnish just before serving. Do not mix through a salad.

### TO CREAM ANY NUTS

Add water to the nut butter, rubbing it to a paste. Continue to add water until of the desired consistency. Sweeten with honey, if desired.

### NUT BUTTERS

Cream with water and use this cream instead of dairy cream for cream sauce or for vegetables and fruits.

Pure nut butter, if kept in a dry place, will keep indefinitely; but if mixed with water to make a cream it will not keep. Therefore, prepare only what is needed for the day.

### NUT MEAL

Nut meal is made by putting the nuts through the food chopper, using the finest knife. It may be used for shortening pie crust, crackers, sticks, etc. Sprinkle it over stewed fruits.

## ALMONDS

Best of the nut family.

### TO BLANCH

Throw into boiling water. Let come to boiling point again. Drain. Pour cold water over nuts and slip off skins with fingers. Drop almonds in a dry cloth and roll them about in it. Spread them on a tray to dry. Let them dry slowly (do not put in oven) so as not to color.

### TO TOAST ALMONDS

Blanch and dry almonds. Place in a slow oven and let come gradually to a delicate cream color—not brown. Serve instead of salted almonds.

### TO PREPARE ALMOND CREAM

Add water to almond butter (rubbing it to a paste) until the desired consistency is obtained.

### TO PREPARE ALMOND MILK

Continue adding water to almond cream until a milk is formed of the desired richness. Honey to taste may be added, or sweet fruit juice.

### TO PREPARE ALMOND MEAL

Put almonds through the food chopper until fine as meal.

Almond meal may be sprinkled over fruit salads and stewed fruits; in soups instead of butter or oil; as a shortening in baking.

## BRAZIL NUTS

Valuable; rich in oil.

Do not remove skins.

Slice and dry before grinding.

## COCOANUT

Grate or grind fresh cocoanut. Sprinkle over fruit salad or use with or in confections, etc.

## TO PREPARE COCOANUT MILK

Grate or grind fresh cocoanut. Use the finest cutter and put cocoanut through four or five times. Pour over this an equal amount of boiling water or more, according to richness desired. Strain. Add an equal amount of hot water to shreds. Strain again, pressing out all juice. Throw away shreds. Stir before using.

Use as a drink or in the same way as dairy milk is used, with vegetables, etc.

Grated cocoanut can be bought at any of the Health Food Stores.

Filberts (hazelnuts), best unground.

English walnuts may be blanched, if desired. Use paring knife to remove skins.

To remove entire halves from English walnuts or from pecans more easily, steam them three or four minutes or wrap them in a woolen cloth wrung out of boiling water. Crack at once and remove nuts.

## PINE NUTS

To wash: Pour boiling water over them—then cold water. Drain and dry in a towel—then in a warm oven on a plate.

## PEANUTS

1. Really legumes.
2. Classed with nuts because of similarity and large amount of oil.
3. Valuable in the preparation of foods. Used in place of dairy butter.

To prepare raw peanut butter: Grind blanched dried nuts through the peanut butter grinder. Pack butter in jars. Keep in a dry place.

GOOD NUT COMBINATIONS

(With fruits or as butters.)

1. Brazil nuts and filberts (hazelnuts).
2. Brazil nuts and almonds.
3. Cocoanut and peanuts.
4. Pignolia nuts and grated cocoanut.

Combine either of the above with:

1. Fresh apples, peaches or pears.
2. Dried or steamed figs, dates, prunes, raisins, or with baked apples.
3. Various desserts.

## CHAPTER V

### CONFECTIONS

Give the children the natural unpolluted sweets. Train their likes from the beginning toward the wholesome fresh and dried fruits and nuts.

The confection field is unlimited in what one can do and yet have healthy body-building food for the little ones. Any of the dried fruits lend themselves admirably—figs, dates, prunes, apricots, raisins, peaches, pears, etc.; any of the nuts or nut butters—walnuts, almonds, hazelnuts, Brazil nuts, pecans, pignolias, etc. Honey is an unsurpassed sweetener. Cocoanut is an admirable garnish or substitute for the inane powdered sugar. Lemon juice or rind, orange, banana, grated carrot, etc.—all can be used to vary the flavor of the goodies.

Experiment to your heart's content both with ingredients and forms. Cooky cutters may be used, molds, etc., depending upon the occasion for which the confections are made—Valentine Day, hearts; Easter time, eggs, etc.

Because the confections are healthful does not mean that they are good for the little ones all day long. There should be definite times when the children receive goodies—never just before meals; preferably just after a meal, particularly as a supplement to a fruit breakfast.

Be one of the mothers whose little ones do not know the taste of white sugar nor of unwholesome sweets. What a bulwark of advantage you will be giving your precious ones, then!

*About Confections:*

Whipped banana gives a delightful flavor to any of the dried confections if mixed in with the other ingredients.

## FOR BLANCHING ALMONDS

Soak almonds over night, or for seven or eight hours, in cold, fresh water. The covering will be easily removed and they will have become very crisp and edible. The old method of blanching almonds has always been to immerse them in boiling water, which cooks and toughens the nut, making it very difficult both of mastication and of digestion.

## UNFIRED DRIED FRUIT CAKES

(See under "Cakes," pages 378, 379.)

## COCOANUT-RAISIN CARAMEL

1 pound seedless raisins.                       $\frac{1}{4}$  pound shredded cocoanut.

Mix well and run through food chopper. Roll out and cut into squares.

## COCOANUT-HONEY CARAMEL

Work into candied or solidified honey as much cocoanut as it will contain; roll out and form into squares. Wrap in wax paper.

## WALNUT-FIG CARAMEL

Run equal parts dried black figs and walnuts through food chopper, using fine cutter. Mix, roll and cut into squares.

## STUFFED DATES

*I*

Cream cheese.

Dates.

Cream.

Mash a cream cheese and moisten with a little cream. Clean the desired number of dates and remove the stones. Fill each cavity with the cream cheese mixture. Chill thoroughly and serve.



## 2

Remove the pits and insert any nut you wish—walnut, Brazil nut or almond. If the date is sticky, roll it in finely shredded cocoanut. Prunes may be stuffed in the same way, using Brazil nuts or any nut desired, or even peanut butter or almond butter.

## 3

Dates stuffed with avocado, mashed to a pulp, are delicious.

## 4

Remove pits carefully without mangling the dates. Fill with walnut or with pecan meats or cocoanut honey mixture. Prunes may be treated in the same way.

## DATE GOODIES

One pound dates, quarter pound almonds and a quarter pound walnut goodies.

Wash the dried fruits and then run them through the chopper. Run the nuts through the chopper. Mix the nuts and fruit well by sending them through the chopper a second time or more. Roll into balls or form into cubes (caramels) or oblong shape. Have a bowl of shredded cocoanut at hand. Dip the forms into it, rolling them about. The cocoanut will cling nicely. The candies are now ready to pack in boxes or to put in jars for the children. If one wishes they may be wrapped in wax paper first.

Raisins or figs or any other dried fruits may be substituted for the dates and any other nuts for the walnuts and almonds. Put them through the grinder two or three times. Press into a square or oblong flat pan in which waxed paper has been placed. Let stand two hours. Cut in squares or oblongs. Make your layers from three-quarters of an inch to an inch thick. Wrap your goodies in waxed paper, if you wish.



### DATES AND ST. JOHN'S BREAD

Grind dates and carob meal—mix with a small quantity of honey. Knead, roll out thin, cut in squares. This may be eaten as candy; or, if mashed with a fork, makes a good salad dressing.

### EASTER EGGS

Easter eggs may be formed by using only honey and finely shredded cocoanut, packed and molded firmly, or they may be made of any of the dried fruits and nuts combined. One may use an egg-shaped mold or form them free-hand, by first rolling the ingredients into a ball and then pulling or molding it into the egg shape.

### FRUIT ROLL

Put through the grinder together raisins and unsulphured black figs that have been carefully washed. Roll out into a flat sheet. Put through the grinder separately dried peaches, pears or apricots. Put dates and prunes through together. Now, over the flat sheet, spread a layer of the peaches, then the pears or apricots and, over that, the dates and prunes mixed. Roll up. Let stand several hours. Then slice in quarter or half-inch slices.

### FRUIT CANDY

#### 1

One pound dried, soaked but uncooked prunes, one pound dates, one pound black mission figs, one-half pound raisins, chopped nuts and grated cocoanut; put all through food chopper. Mix with honey. Roll in cocoanut and put meats on top.

#### 2

Grind equal parts of figs, dates, raisins and nuts in food chopper. Mix well with a small amount of honey

and lemon juice. Form into a loaf and slice, or into balls and roll in cocoanut.

## 3

Grind dried figs, dates, raisins, prunes, etc. Mix with honey and roll in grated cocoanut. For variety, run figs, dates and assorted nuts through the grinder and then mix with honey.

## 4

A pound each of uncooked dried prunes, dates, black figs and a half pound dried olives. Grind through the food chopper, using fine knife. Mix well, shape on molding board, cut in about two-inch cubes and wrap in wax paper.

## 5

Grind walnuts, dates, figs, and raisins together. Regrind two or three times. Roll in finely shredded cocoanut and form in cubes, balls, or in any desired shape.

## 6

One-half pound dried white figs, one-half pound dates, seeded, one-half pound seed raisins, walnuts or peanuts. Grind the above ingredients finely, add equal portions of walnuts or peanuts. Mix. Roll into loaf. Cover board with chopped or ground nuts, roll loaf in the nuts and cut in slices. A half pound of finely grated raw, tender carrots may be added to the mixture, if desired.

## ALMOND-DATE GOODIES

Line a square or oblong pan with a layer of ground figs. Over this press a layer of blanched almonds or Brazil nuts, then a layer of seeded dates. Repeat. Press together firmly and slice with a sharp knife.

## PURE FRUIT CANDY ROLL

One-fourth pound shredded unsweetened cocoanut mixed with honey. Set aside. Put one-half pound black dried figs, one-half pound dried dates and one-fourth pound nut meats through the food chopper twice. Then roll out thin as a pie-crust. Spread honey and cocoanut on top of rolled-out mixture. Roll this up like a jelly roll. Then slice in one-half-inch pieces and flatten with hand.

## NUT CANDY

One cup shredded cocoanut, two teaspoonfuls lemon juice, four tablespoonfuls peanut butter. Mix thoroughly. Roll into balls and put in a cool place to harden.

## PECAN DAINTIES

Dried apricots.  
Prunes.

Pecans.  
Carob meal.

Put all ingredients through chopper. Roll out in about one-fourth-inch thickness. Cut in squares, oblongs or any fancy shapes.

## PEANUT BUTTER CONFECTION

1 pound seeded dates.

1 tablespoon peanut butter.

Put dates through food chopper, using fine cutter, and work into them the peanut butter. Roll out and cut into squares.

## PRUNE-WALNUT CONFECTION

Equal parts pitted prunes, dates, and one-half as many walnuts. Mix together and run through food chopper. Roll out and cut into squares.

## RAISIN-NUT BALLS

Put the raisins and nuts through the grinder a couple of times. Roll into good-sized balls. Dip in shredded cocoanut.

## RAISIN-COCOANUT BALLS

Run raisins and shredded cocoanut through the grinder. Use plenty of cocoanut. Roll into balls.

The same may be done with dates and nuts or with dates and cocoanut.

## PRUNES

Soak prunes—pit. Stuff with walnut meats, and roll in shredded cocoanut.

## PRUNE AND RIPE OLIVE CONFECTION

Remove pits from ripe dried olives and from prunes. Put both through food chopper. Mix with a little honey. Press into a square or oblong pan lined with wax paper. Let stand a few hours. Cut into squares. Serve as a confection. Use four parts prunes to one part olives. Sweeten to taste with honey.

## CHAPTER VI

### VEGETABLE SALADS

#### ABOUT THIS AND THAT

*Lettuce:* Remove leaves from stalk to separate (discard wilted leaves). Wash. Keep in cold water until crisp. Keep in a bag of fine cheese cloth or of mosquito netting. Hang in the lower part of the refrigerator to drain or place in a wire basket.

Lettuce may be kept best by sprinkling with cold water and placing in a tin pail closely covered.

Wash and place wilted lettuce in ice water until revived. Keep on ice.

Remove outer leaves. Rinse under faucet and wrap in wet cloth and place in ice-chest or cooler.

*Parsley:* Keep parsley near ice. If withered, put into ice water until refreshed.

*Radishes:* Scrub radishes well with a brush. Remove all but a few of the small leaves. Place on ice. Serve in a glass dish on cracked ice or in a bed of watercress or spinach leaves.

Round, red radishes, cut like tulips—not scraped—make a colorful garnish for a vegetable salad. To do this, make six cuts through skin, running three-fourths length of radish from root end. Slip knife under skins and cut down three-fourths. If put in cold water, the petals will turn back, forming a flower.

## RAW VEGETABLE SALADS

In preparing salads, be sure to have all raw vegetables cold and crisp before cutting or chopping.

## BEAN SPROUT SALAD

$\frac{1}{4}$ pound bean sprouts.	Walnuts or pecans.
Celery.	Honey.
Caraway seeds.	Lemon.

Chop celery and nuts. Mix with bean sprouts. Mix in enough caraway seeds to add a delicate flavor. Add honey and lemon. Serve on lettuce.

## RAW BEET SALADS

## 1

Peel thin skin from young tender beets and grate them, or use the finest cutter on the food chopper. Keep in ice box or cooler and when ready to serve, use a dressing of lemon juice, honey and oil, or of honey alone to suit taste.

## 2

Grind raw beets. Cut fine celery, parsley, carrots and cabbage. Marinate with French dressing. Place on lettuce leaves. Sprinkle ground peanuts over top. Garnish center with walnuts and mayonnaise.

## CABBAGE SALADS

## 1

One small cabbage shredded fine. One or more of the following—all finely minced: Onion or chives, olives, green pepper or pimiento, cold cooked beets, parsley. Season to taste and mix with any salad dressing.

## 2

Shredded cabbage, shredded apples, raisins. Mix well and serve with lemon juice and honey. Add a little oil, if desired.

## 3

Marinate finely shredded lettuce, cabbage, parsley, green pepper and celery. Place on lettuce leaves with mayonnaise on top and pignolia nuts over all.

## 4

Cut up a quarter of a cabbage and put to soak in cold water with a teaspoonful of lemon juice about one hour before using. (This makes the cabbage crisp.) Chop cabbage with as much celery, until fine. Dress with two tablespoonfuls of oil, one teaspoonful lemon juice, one teaspoonful honey and a little celery salt, beaten well together. Serve on lettuce leaves, or without, as desired.

## 5

Use half and half of finely chopped cabbage and apples. Mix together with a simple salad dressing.

## 6

$\frac{1}{2}$  small head of cabbage (or about 1 lb.).

2 large sized carrots (do not scrape).

Put through food chopper.

Mix and add a little celery salt. Stir in enough cream salad dressing to suit taste.

## 7

## INDIVIDUAL

Cut in small pieces one apple, one or two stalks of celery, one tomato and a few tender leaves of raw spinach. Add shredded raw cabbage and serve with lemon juice and oil. A little honey added to this dressing is good.

## 8

Shred raw cabbage very fine. Let stand in cold water one hour at least. Drain well. Put about two tablespoonfuls to a plate, cut about  $\frac{1}{6}$  of a green bell pepper over the cabbage. One medium-sized grated



carrot and one heaping teaspoonful of ground nuts. Dress with French dressing, using two tablespoons of oil, one tablespoon of lemon juice and one teaspoon of honey.

## 9

Finely shred cabbage, one bell pepper and a sprig or two of parsley. Mix with mayonnaise and a little lemon juice. Roll a ball of cottage cheese for the center. Add a dash of paprika.

## 10

Shred fine a small solid head of cabbage. Cut fine two or three green onions and a small green pepper. Use a French dressing or mayonnaise. For those who find it hard to tear away from that spicy taste feeling, add a tablespoon of chili sauce to the mayonnaise or to the plain dressing.

## 11

Shred cabbage. Dice 2 sweet apples and put walnuts through the grinder. Mix with a little mayonnaise and serve.

## 12

Shred cabbage. Cut fine red-skinned apples—any good juicy ones. Don't peel. Add diced steamed or baked potatoes. Mix. Add mayonnaise and serve on lettuce leaves. Raisins may be used instead of potatoes, and curry dressing, if preferred.

## 13

1 medium-sized head of  
cabbage.

1 small can pineapple.  
4 apples.

A few stalks celery.

Shred the cabbage. Cut celery, apples and pineapple fine. Mix with a dressing of cream, honey and lemon juice.



## 14

Shred very fine a medium-sized, firm head of cabbage. Add 1 cup of almonds and French dressing. Garnish with a small serving of mayonnaise.

## STUFFED CABBAGE SALAD

Scoop out the contents of a large head of cabbage, leaving a shell of about a half to three-quarters of an inch. Chop fine or put through the grinder the cabbage removed. Mix thoroughly with cut-up apples and pineapple. Over this pour a dressing of lemon juice, honey and oil, or, if preferred, a mayonnaise dressing. In fact, any good dressing may be used. Mix well. Put the mixture back in the shell and serve.

## COLD SLAWS

## 1

Remove outside leaves of a small, hard head of cabbage. Cut in half. Shred finely. Soak in cold water until crisp. Drain. Dry between towels. Mix with cream salad dressing or with a French dressing or with mayonnaise. (Chopped green pepper and green onions may be added.)

## 2

To one small cabbage, shredded finely, add one grated onion and a finely chopped green pepper. Add one tablespoon of lemon juice and three tablespoonfuls of olive oil. Blend thoroughly.

## 3

Shred one small head of cabbage. Add leaves of one head of lettuce, two sweet apples and one stalk of celery, all cut fine. Dress with salad oil and lemon juice.

## CREAM SLAW

Shred cabbage very fine. Mince a little green pepper and mix with cabbage. Mix one cup of lemon juice

with water in a saucepan. Add one cup sour cream, one-half cup honey, one teaspoon whole wheat flour, two eggs, tablespoon butter and a little celery salt. Let come to boiling point, stirring constantly. Pour over cabbage while hot and serve at once.

### CABBAGE TAMALE

Shred cabbage. Mix with mayonnaise, roll in large lettuce leaves. Cut green pepper in one-fourth inch bands. Slip bands to center of rolls to hold them. Pimiento strips may be used in the same way as bands. Serve two rolls on individual plates with tiny lettuce leaves dipped in French dressing in between. Garnish tops with thousand island dressing.

### CARROT SALADS

#### 1

1 cup raw carrots.	½ cup English walnuts.
½ cup banana.	Salad dressing.

Put carrots through food chopper, cut walnuts fine and mash banana. Mix with any good salad dressing. Apples and peanuts may be used with the carrot.

#### 2

Grate three medium-sized tender carrots. Pour one-half cup hot water over the pulp. Dress with one tablespoon of olive oil and nut meats. Serve on crisp lettuce.

#### 3

Marinate finely shredded lettuce, raw carrots and raisins with French dressing. Place on lettuce leaves. Sprinkle with cocoanut and garnish with mayonnaise.

#### 4

Grate three carrots. Wash one-half cup of seedless raisins and mix. Use a French dressing and serve on lettuce leaves. Chopped nuts may also be added.

## 5

Scrape and grate young tender carrots. Use a French dressing or a banana dressing or mayonnaise.

## 6

Grate four raw carrots on a coarse grater. Add one-half cup of chopped nuts and one-half cup of diced tart apple. Mix well and serve on lettuce. If desired, celery and salad dressing may be added.

## 7

Grate raw carrots. Add a little minced onion and mix lightly with mayonnaise. Place on crisp lettuce leaves.

## 8

Shred cabbage. Grate carrot and mix. Serve with lemon juice and honey. Lettuce may be used in place of cabbage.

## CARROT AND CELERY SALADS

## 1

Mix ground raw carrot with finely cut lettuce, celery and parsley. Marinate with French dressing and garnish with mayonnaise.

## 2

3 or 4 carrots (ground).	4 stalks celery.
2 large apples.	2 bananas (cut up).
Juice 1 lemon.	1 tablespoonful honey.

If desired, mayonnaise may be added when served, though the other dressing is more healthful.

## 3

4 or 5 carrots.	4 or 5 stalks celery.
½ cup ground nuts	Chopped parsley.
Peanut butter.	

Grind the carrots and celery. Add the chopped nuts and parsley. Mix with peanut butter which may

be thinned with a little water or lemon juice and serve on lettuce leaves.

4

2 medium sized carrots. 1 or 2 sticks celery (cut fine).

Mix and add dressing to taste. This salad is excellent for acidity.

5

2 bunches raw carrots. 1 large sweet onion.  
 $\frac{1}{2}$  bunch celery. Oil or lemon juice.

Nuts.

Put carrots, celery and onion through food chopper and serve with oil and lemon juice to suit taste. Nuts may be added.

6

Put carrots, walnuts (or almonds or cocoanut) through the chopper. (Celery, raisins or avocado may be used instead of nuts.) Mix in a bit of green pepper, if desired. Use any preferred dressing.

# RAW CAULIFLOWER SALAD

Marinate finely cut cauliflower, parsley, celery, ground carrots and nuts. Place on a lettuce leaf or on raw spinach and serve with mayonnaise. Garnish with a slice of tomato on which place a thin slice of unpeeled cucumber and a dash of paprika.

# CELERY SALADS

I

$\frac{1}{2}$  bunch spinach. 2 tablespoons French dressing.  
 2 delicious apples.  
 1 small stalk celery. 1 tablespoon mayonnaise.

Cut all ingredients fine and mix well. Over this pour two tablespoons of French dressing and one of mayonnaise. Mix well.

## 2

2 cups finely cut celery.      Mayonnaise or sour cream  
Some finely cut-up pimientos.      dressing.  
1 cup chopped nuts.

Serve on lettuce. Garnish with tomato sliced and ripe olives.

## 3

Run through the grinder three large apples, one cup of ground celery and one-half cup chopped walnuts. To this add as much cream dressing as desired.

## 4

Cut apples and celery in very fine cubes. Add minced parsley. Mix, and add a bit of lemon juice. Serve with mayonnaise or with a French dressing.

### FRESH CORN SALAD

Cut corn from cob. Add celery cut fine, minced parsley and pignolias. Marinate with French dressing and add melted butter. Place on lettuce leaves and add mayonnaise.

#### *About Cucumbers:*

Select firm, straight, slender cucumbers with well-rounded ends and at least two-thirds green in color.

Cucumbers are best served raw. Cut in thin slices and keep in cold water until ready for serving. Then drain and chill.

### CUCUMBER BOAT SALADS

## I

Peel and chill cucumbers. Cut in half lengthwise. Scoop out centers leaving boats. Pile high with any of the following mixtures: Shred cabbage fine. Mix well with cucumber pulp and French dressing. Garnish tops with mayonnaise and with paprika or a sprig of parsley or mint, or the finely minced greens of green onions. Serve on crisp lettuce leaves.

2

Mix well cottage cheese, cut-up ripe olives, pulp of cucumber, finely chopped nuts and French dressing. Pile boats high with this mixture. Garnish the tops with mayonnaise and chopped nuts.

3

Mix well cream cheese, finely chopped radishes, finely chopped onion, cucumber pulp and French dressing. Fill boats. Sprinkle with minced parsley.

4

Mix grated carrots, cucumber pulp and French dressing. Heap high in boats. Decorate tops with mayonnaise or with thousand island dressing, and with parsley in a sprig or minced. Serve on crisp lettuce leaves that have been dipped in French dressing. Garnish with one or two pieces of tomato and a red radish or two. Do not peel the cucumber.

5

A scant cupful each of celery, cucumber, tomato, steamed string beans. Three tablespoons each of green pepper, radishes cut up, onions chopped raw, and pimientos. Mix with French dressing and serve in cucumber boats.

6

3 cucumbers.

2 apples.

1 sweet pepper.

1 root celery.

Peel, core and cut apples fine. Chop sweet pepper and celery fine. Mix with oil dressing. Fill shells and serve on lettuce leaves.

Garnishes for above salad: Watercress, sections of tomato, ripe olives, sections of lemon, etc.

### CUCUMBER CUPS

Long cucumbers.

Pimiento.

Grated carrots.

French dressing.

Minced parsley.

Mayonnaise.

Cut cucumbers in one and one-half inch lengths.

Cut strips of peel off around slices, giving green and white effect. Scoop out centers, leaving basket or cup forms. Place cups in bowl of French dressing. Chill.

Chop pulp fine. Add grated carrots and minced parsley. Mix with mayonnaise. When ready to serve, pile mixture high in cups and garnish tops with pimiento. Serve on finely shredded lettuce or on crisp white lettuce leaves. Garnish with a stick of stuffed celery. (Grated beets may be used instead of carrots or the solid pulp of tomatoes.)

#### FILLED CUCUMBERS

Cut off one end of cucumber and scoop out the pulp. Mix pulp with grated carrots and mayonnaise. Fill cucumber solidly. Chill and cut in half-inch slices. Serve four or five slices on crisp lettuce leaves that have been dipped in French dressing. Sprinkle with minced parsley. Garnish with a ring of sweet green pepper.

#### LETTUCE AND PIMIENTO SALAD

$\frac{1}{4}$  head lettuce.  
Pimientos.

2 Spanish onions (chopped  
fine.

Mayonnaise.

Chop lettuce and onions fine. Add pimientos, cut in strips. Mix mayonnaise through this (or any preferred dressing).

#### LETTUCE SALAD WITH GARLIC

Thick slice of whole wheat or  
rye bread.

Clove of garlic.  
Lettuce.

French dressing.

Use deep salad bowl. Place bread with garlic stuck in it at bottom of bowl. Place crisp cold lettuce leaves on top of this. Over all pour French dressing made with celery salt, paprika, lemon juice and about four times as much oil as lemon juice. To mix well turn leaves about. Serve a bit of bread on each plate with the salad.



## LETTUCE SALAD

Shred spinach, lettuce, celery and parsley. Marinate with French dressing. Place on lettuce leaves. Serve with a dressing of peanut butter and olive oil.

## RAW PEA SALAD

1 cup of fresh peas.      2 stalks celery (cut up).  
1 cup carrots (ground fine).      A little parsley minced fine.  
½ cup of ground nut meats.

Mix all together and marinate with French dressing. Place on a lettuce leaf. Garnish with mayonnaise. Sprinkle with nuts and a little paprika.

## SPINACH COMBINATION SALADS

## I

Grind or chop fine two bunches of crisp spinach. Add small, seedless raisins to suit taste and serve with a salad dressing of honey, lemon juice and oil in equal parts or to suit taste.

## 2

A handful of spinach, Swiss chard, or beet tops or a mixture of all; one or two carrots, two stalks of celery, a sprig of parsley, onion, or bell pepper for variety. Put all through the grinder, being careful to save the juice. Serve on shredded lettuce leaves, with a dressing of oil and lemon or with mayonnaise.

## 3

Shred spinach leaves and lettuce. Mince onion and cut up tomatoes. Serve with a dressing of lemon juice and honey.

## 4

Shred crisp spinach leaves. Add four grated carrots, one-half cupful chopped celery, one-half cupful chopped nuts and the desired amount of any simple oil dressing.

## 5

Place together shredded lettuce, spinach, finely cut celery, parsley and a little grated carrot for color.



Marinate and place on lettuce leaves. Use mayonnaise dressing and sprinkle almond meal over all.

6

Mix shredded spinach, a quantity of minced parsley, some celery and cabbage. Marinate with French dressing. Garnish with mayonnaise and sprinkle pinon nuts over the top.

7

Take spinach, watercress and parsley in equal proportions. Cut and serve on shredded lettuce with honey and lemon dressing.

#### PARSNIP SALAD

1 bunch parsnips.

Walnuts or Brazil nuts.

Celery.

Grate parsnips, chop celery and nuts. Mix together. Add raw peanut butter dressing and serve on lettuce.

#### SUMMER SQUASH SALAD

4 raw summer squash.

1 carrot.

Celery.

Lemon.

Walnuts.

Honey.

Dice squash, chop celery and nuts, shred carrot and mix with lemon and honey to taste. Serve on watercress, lettuce or chicory. Top with mayonnaise.

#### SWEET POTATO SALAD

Peel and grind several sweet potatoes. Scrub and chop several stalks of celery. A little chopped parsley and walnuts may be added, if desired. Mix and serve on lettuce leaves with any desired dressing.

#### TOMATO SALAD

Arrange quartered tomatoes over lettuce. Sprinkle finely cut parsley over tomatoes and marinate with French dressing. Garnish with mayonnaise.

#### TONIC SALAD

Arrange lettuce leaves on a plate. In the center place a mound of shredded turnip with a ring of shredded carrots around it; around the carrots put a

ring of shredded beets (raw). Marinate each separately; let beets stand about 20 minutes after being marinated. Sprinkle chopped nuts on the beets, parsley on the carrots and mayonnaise on the turnips.

### RAW TURNIP SALAD

Shred the turnips and mix the parsley; marinate with French dressing. Place on lettuce leaf with mayonnaise on top.

### COMBINATION SALADS

#### 1

- |                  |                            |
|------------------|----------------------------|
| 1 cucumber.      | 1 bunch of washed spinach  |
| 2 tomatoes.      | (chopped fine).            |
| 1 green pepper.  | 1 medium size head of let- |
| 3 stalks celery. | tuce.                      |

A few pieces of watercress.

Cut ingredients all fine and use a goodly quantity of lemon, oil and honey dressing.

#### 2

Shred a head of lettuce, finely cut an onion, parsley, green pepper and celery. Marinate with French dressing. Garnish with sliced cucumber, quartered tomatoes, mayonnaise and a dash of paprika.

#### 3

Spinach, shredded fine. Ground carrots.

A few sprigs minced parsley. Shredded cabbage.

Mix well with French dressing and top with mayonnaise.

#### 4

Shred fine young, clean, crisp spinach, watercress and lettuce. Mince some parsley. Cut up tomatoes. Mix carefully in salad bowl. Just before serving, pour a French dressing over the salad.

#### 5

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 2 cups finely chopped cabbage.      | 2 tablespoons chopped bell pepper. |
| 2 cups finely shredded raw carrots. | 6 diced ripe olives.               |
|                                     | 1 unpeeled chopped cucumber        |

Toss together with French dressing. Arrange slices of tomatoes around edge of a cold platter and fill center of platter with the vegetable combination.

## 6

One-half small solid head of cabbage, shredded. Cut fine one onion, several radishes, three solid tomatoes. Pour over this a French dressing. Toss lightly together. Around the edge of the platter form a border of lettuce hearts or watercress. Heap the salad in the center. Decorate top with grated carrots.

## 7

One-half head of cabbage and one-half bunch of crisp spinach run through the grinder. (Use the medium-sized plate for grinding.) Shred fine one-half head of lettuce. Mix together and serve on lettuce leaves with a dressing of honey, lemon juice and oil in equal proportions or with mayonnaise. We sometimes mix a bit of mayonnaise in with the plain dressing. This gives the salad a delightful flavor.

## 8

Shred about two stalks of celery. Mince two sprays of parsley. Grate three medium-sized carrots and one-fourth of a Bermuda onion. Shred one small-sized, solid head of lettuce. Place lettuce in bowl first. Mix the other ingredients very carefully with a fork. Arrange on lettuce. Pour dressing over this.

## 9

2 cups chopped cabbage.	1 cup shredded watercress,
1 cup chopped summer squash	parsley, green pepper.
1 cup chopped asparagus.	

French dressing mixed with one heaping teaspoon almond nut butter. Mix vegetables and dressing very thoroughly and set on ice for 30 minutes before serving.

## 10

Shred fine, young, clean, crisp spinach, watercress and lettuce. Mince some parsley. Cut up tomatoes. Mix carefully in salad bowl. Just before serving pour a French dressing over the salad.

## 11

Prepare one bunch of watercress. Add one cucumber, two tomatoes sliced or cubed, two stalks of celery cut fine and a few drops of olive oil or French dressing, as preferred.

## 12

Cabbage.

Carrot.

Green bell pepper.

Nuts.

Shred cabbage, add chopped pepper and shredded carrot, then the nuts chopped up, and serve with French dressing. A small amount of raw peanut butter may be added to the dressing, if desired.

## 13

One cup finely shredded cabbage, one head of lettuce, one medium-size onion chopped fine, two or three good-sized tomatoes cut in small pieces. One teacup of ground carrots. Mix ingredients and serve on lettuce with a French dressing.

## 14

One sweet potato, three beets, three carrots, celery, one cucumber, peanuts. Shred or dice vegetables and mix with peanut butter dressing or with lemon and honey. Add chopped nuts. Serve on lettuce.

## 15

Cucumber.

Vegetable oil.

Green pepper.

Ripe olives.

Cabbage or spinach.

Dressing.

Shred cabbage and mix with finely chopped cucumber, green pepper and ripe olives. Serve on lettuce with any desired dressing. Garnish with red radishes and chopped nuts.

16

1 cucumber (sliced).

1 onion (chopped).

Tomato (cut in small pieces).

Dressing.

Place cucumber slices on crisp lettuce leaves. Sprinkle with onion and tomato. Serve with any desired dressing.

17

(Serves One)

Cut in small pieces: One apple, one tomato, one or two stalks celery, a few tender leaves of raw spinach. Add shredded raw cabbage and serve with French dressing.

18

Chop one-half head of solid cabbage, three green onions and two small green peppers. Add three tomatoes cut up. Use thousand island dressing.

19

Cut corn from two ears of tender sweet corn (raw). Cut fine, two sticks of celery. Slice one tomato. Use either a dressing of mayonnaise or a French dressing.

20

One crisp cut of lettuce, two slices of firm tomato, one slice of green pepper, two radishes, one or two green onions, one sprig or two of watercress, one fresh carrot, one stick of celery stuffed with pimiento cheese. Arrange nicely on salad plate and serve with a plain dressing poured over it or with a mayonnaise dressing in a separate bowl.

### GOOD VEGETABLE COMBINATIONS

Choose your own dressings and create your own salads.

1. Lettuce, celery, carrot.
2. Lettuce, tomato, onion, turnip.
3. Tomatoes, celery, pepper, nuts.
4. Carrots, lettuce, onion.
5. Spinach, watercress, carrots (mayonnaise).

6. Lettuce, watercress, green onions.
7. Lettuce, celery, bananas, apple.
8. Cabbage, celery, onion (whipped cream dressing).
9. Cabbage, apples (banana dressing).
10. Cucumber, radishes, cauliflower.
11. Cucumber, tomatoes, onions.
12. String beans (steamed), lettuce, watercress, radishes, Bermuda onion.
13. Red cabbage, carrots, apple, celery.
14. Spinach, celery, cauliflower.
15. Bean sprouts, tomatoes, cabbage, celery, onions.
16. Carrots, spinach, Swiss chard, bell pepper, celery, parsley.
17. Carrots, new peas (raw), spinach, onions, parsley.
18. Ripe olives, watercress, celery, green pepper, green onion.

## AVOCADO SALADS

(NOTE: The addition of avocado, sliced or cubed, greatly improves the flavor and quality of any salad.)

### AVOCADO ON THE HALF SHELL

Cut the fruit in two and remove the seed. Serve one-half to each person or, if the fruit is quite small, serve both halves, with any preferred dressing.

### AVOCADO SALAD

#### 1

Peel a large avocado and cut it into slices lengthwise. Stick three or four pecans in each slice. Arrange in a decorative way on crisp lettuce leaves. Serve with mayonnaise or with whipped cream dressing.

#### 2

Cut avocado into cubes or mash it. Mix with whipped cream and chopped nuts. Serve on crisp lettuce leaves. This is a delicious meal in itself.

### AVOCADO AND APPLE SALAD

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1 large or 2 medium-sized avocados. | 1½ cupfuls diced celery. |
| 4 small apples.                     | 1 cupful mayonnaise.     |
| Juice of 1 lemon.                   | 2 green peppers.         |
|                                     | Lettuce.                 |

Paprika.



Pare, core and dice apples. Sprinkle with lemon juice (to prevent discoloration). Add the cubed avocado and diced celery. Mix gently with a fork and chill. When ready to serve, add about three-fourths of the mayonnaise. Serve on individual salad plates on crisp lettuce. Top with remaining mayonnaise. Slice green peppers in rings and garnish salad with them. (Serves six.)

#### ALLIGATOR PEAR SALAD

Three large, ripe tomatoes, one good-sized alligator pear, four hard-cooked eggs. Peel tomatoes. Cut the eggs lengthwise, take out the yolks, mash them with butter, paprika, celery salt and a little chopped onion. Put them back into the whites. Take out all meat of the pear and cut it in strips. Put these in a salad bowl with the tomatoes cut in quarters, and the stuffed eggs. Pour a French dressing over all and serve. Lettuce may be used as a bed for this salad.

#### AVOCADO AND TOMATO TAMALE

Peel tomato and cut up fine. Set juice aside. Mix solid pulp with avocado pulp. Mix tomato juice with French dressing. Season with this dressing. Spread thickly over large crisp lettuce leaves. Roll up, slip through rings of pimienta or red pepper. Serve on crisp lettuce leaves or watercress. Garnish top of roll with mayonnaise and a dash of paprika. A stick of stuffed celery may be served with this, and one or two red radishes.

#### HARLEQUIN SALAD

1½ cupfuls cubed avocado.	1/3 cupful French dressing.
1 cupful steamed beets (cubed).	1 head lettuce.
	Sour cream dressing cooked.
¼ cupful cubed cucumber.	1 sliced tomato.

(3 hard-cooked eggs may be used.)

Mix avocado, beets and cucumber. Add eggs, if desired. Cover with French dressing and marinate for

about one hour in a cool place. Heap on a crisp lettuce leaf on individual plates. Serve with sour cream salad dressing. Garnish with the sliced tomatoes.

### PIQUANTE AVOCADO SALAD

2 cupfuls cubed avocado.	$\frac{1}{4}$ cupful capers.
$\frac{1}{2}$ cupful shredded radishes.	$\frac{1}{3}$ cupful French dressing.
$\frac{3}{4}$ cupful diced celery.	1 head lettuce.
Paprika.	Mayonnaise.

Shred radishes with skins on. Combine with avocado and celery. Pour French dressing over this and stir lightly with fork. Arrange on crisp lettuce leaves on individual salad plates. Garnish with mayonnaise and sprinkle with paprika and capers. (Serves six.)

### POND LILY SALAD

On each individual salad plate place a small crisp leaf of lettuce. On this, any combination salad finely chopped and mixed with a French mayonnaise dressing. Peel avocado, leaving dark spots. Cut in half, lengthwise. The spots look like the back of a frog. Now, for the heads, take a green pepper. Cut from the pointed end a ring about three-fourths of an inch thick. This will form three heads if separated along natural grooves. Insert bits of ripe olive or seedless raisins or pimiento for eyes. Cut slit for wide mouth. With a toothpick fasten head to avocado body and place frog over combination salad. Now place nasturtium leaves here and there on the plate, giving semblance of lily leaves. Slices of tomatoes or cucumber may be used for color.

For water lily salad effect, cook eggs hard. Cut slices rather thick. Remove yellow centers and put them through the ricer. Place one or two white rings on each pond. Fill center with riced yolks.



## AVOCADO DELICIOUS

(Stuffed Tomato)

Take firm ripe tomatoes. Cut off top slice. Scoop out centers. Mix with ripe avocado cut up fine or mashed. If desired, ripe olives cut up may be mixed with this. Serve with French dressing. Fill shells. Top with a dash of mayonnaise and a ripe olive. Serve on crisp lettuce leaves. Garnish with red radishes, a few slices of cucumber and a stick of stuffed celery.

## TOMATO-AVOCADO SALAD

1

On each salad plate place a crisp lettuce leaf. Over this slice chilled tomatoes from which the skins have been removed. Over the tomatoes, or arranged as you wish, avocado sliced or cubed or scooped out in round balls. A French dressing or mayonnaise may be used. Garnish with a stick of stuffed celery. (Green pepper chopped up may be used, if desired.)

2

Arrange lettuce leaves on a plate; place sliced tomatoes on leaves. Chop together parsley and celery until fine; marinate with French dressing and place in center of sliced tomatoes; garnish by placing strips of avocados crosswise on each slice of tomato, and mayonnaise in the center.

3

6 medium-sized tomatoes.

Lettuce.

Avocados.

Mayonnaise.

Scald and peel the tomatoes. Then, with a sharp knife cut the tomatoes lengthwise in quarter-inch slices almost down to the bottom, leaving enough uncut to hold the tomatoes together. Slice the avocado and insert one slice between each two layers of tomatoes, spreading them open like a fan. Put each tomato on a bed of white lettuce or watercress. Chill until very cold, and just before serving pour mayonnaise over it.

### EGGS WITH AVOCADO FILLING

Cook six eggs hard. Cut in half. Remove yellow centers. Rice them with equal amounts of avocado. Mix well with French or mayonnaise dressing. Refill white egg cups. Serve on crisp lettuce. Garnish each plate with one or two slices of cucumber, tomato and a couple of red radishes or ripe olives, or both.

### AVOCADOS FILLED

Cut avocado in half. Remove seed. Place each half on lettuce leaf on individual plates.

#### 1

Fill cavity with celery, green pepper and nuts which have been run through the grinder. Top with mayonnaise and a ripe olive. Garnish with one or two slices of tomato and one or two of cucumber.

#### 2

The filling may be tomatoes and cucumbers mixed with a French dressing, if preferred. Then a stick of stuffed celery and two or three ripe olives may be used to garnish. This forms a lunch in itself.

### AVOCADOS WITH VEGETABLE FILLING

1 cupful shredded steamed	½ cupful sliced radishes.
string beans.	Watercress.
1 cupful steamed peas.	Lettuce heart.
1 cupful shredded cucumber.	Avocados.
French dressing.	Parsley.
Radish-roses.	Mayonnaise.

Mix together the peas and shredded string beans, the shredded cucumber, the sliced radishes and let stand in a cold place for thirty minutes to marinate in French dressing. Halve the avocados lengthwise and scoop out a bit. Fill in with the vegetable mixture, top with a lettuce heart, and garnish with parsley, radish-roses and tomatoes. Pass the mayonnaise.

### ORANGE AND AVOCADO SALAD

Finely cut oranges and avocado make an excellent salad when mixed with French dressing.

### COMBINATION AVOCADO SALADS

*I*

Marinate shredded lettuce, celery and parsley. Arrange on lettuce leaves over which put sliced avocado and quartered tomatoes with mayonnaise in center and a dash of paprika on top.

*2*

Avocado.

Lettuce.

Spinach.

Celery.

Banana dressing.

Arrange the above ingredients in any desired way and serve.

### STUFFED CELERY STALKS

*I*

Stuff celery with pimiento cheese. Serve with vegetable salads, Waldorf or fruit salads.

*2*

Cream two tablespoonfuls of butter and add three tablespoons of Roquefort cheese. Season with celery salt and paprika. Fill short tender stalks.

*3*

Clean and cut tender round stalks of celery into four-inch lengths. Place on ice. Rub Neufchatel or cream cheese to a paste by adding a little cream. Season to taste with minced onion or with onion juice and paprika. Fill celery stalks. Serve as a garnish to fruit or vegetable salads or alone on lettuce leaves with mayonnaise.

## 4

Twelve perfect stalks of celery, one-half softened cream cheese, two tablespoons of mayonnaise, four chopped pimiento olives, two tablespoons minced nut meats. Blend the cheese with all the seasonings and stuff into the cavities of clean and crisp celery stalks. Chill on ice for an hour.

## 5

Fill the cleaned celery stalks with a filling made by blending peanut butter, tomato pulp and minced parsley.

## 6

Scrub celery stalks. Place on ice over night. Make a filling of equal parts of dates and raisins. Add a few pecans and flavor with a bit of lemon juice. Fill stalks. Arrange on a plate log cabin style. Fill the log cabin formed with ripe olives. Cream cheese may be used in this filling. In that case omit the lemon juice.

## STUFFED PEPPER SALADS

## 1

Scoop out large sweet green peppers after cutting off tops. Fill with the following: Grapefruit pulp, walnuts and celery chopped fine. Use twice as much grapefruit as celery, and the meat of two nuts to each pepper. Let stand about an hour. Serve chilled with mayonnaise.

## 2

Cut in half large green sweet peppers. Remove seeds. Let stand in cold water until time for serving. Then fill with the following filling: Green onions, celery, green peas, all chopped very fine and mixed with cut-up tomatoes and hard cooked eggs (eggs may be omitted). Serve on lettuce leaves with mayonnaise dressing. Garnish the tops of the peppers with fine strips of pimiento.

## 3

Stuff bell pepper with seasoned Dutch cheese. Place in refrigerator until hard. Cut in thin slices and top with mayonnaise. Place one slice on each lettuce leaf for serving.

## 4

Rub cottage cheese to a paste using a little cream. Add minced onion, chopped nuts and finely cubed steamed beets. Fill peppers with mixture. Serve on lettuce leaves.

## 5

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 3 medium-sized green peppers.    | ¼ cupful chopped stuffed olives. |
| 1 small cream cheese.            | Thin cream.                      |
| ¼ cupful grated American cheese. | Paprika.                         |
| Celery salt.                     | Lettuce.                         |
|                                  | Mayonnaise.                      |

Remove the tops from the peppers, scoop out seeds and steam ten minutes, then remove and chill. Mix together the cream cheese, American cheese and olives. Moisten with cream as needed, and season with celery salt and paprika to taste. Pack into the peppers, chill well, then slice and serve on lettuce leaves with a garnish of mayonnaise. The cheese mixture may be used as a spread for sandwiches.

## STUFFED TOMATO SALADS

(NOTE: *Tomatoes*: Choose heart-shaped or round tomatoes with smooth, glossy skin and good red color. To easily remove skin from firm, ripe tomatoes, scald them.)

## 1

Remove skin of large ripe tomatoes. Cut slice off top. Carefully scoop out pulp. Stuff with apples, celery and cabbage cut very fine. Mix with mild mayonnaise or with cream dressing. Over the top shred green sweet pepper. Serve cold on lettuce leaves.

## 2

Remove the pulp from solid ripe tomatoes after cutting off tops. Fill with one cup of whole wheat bread crumbs mixed well with one Spanish onion chopped fine, one-half cup mayonnaise, minced parsley and tomato pulp chopped fine. Serve on lettuce with mayonnaise dressing. Garnish with ripe olives.

## 3

(Serves One)

- |   |   |
|---|---|
| 1 medium-sized tomato.                          | 2 teaspoonfuls chopped celery or cabbage. |
| 2 olives.                                       |   |
| $\frac{1}{2}$ teaspoon chopped onion.           | $\frac{1}{4}$ teaspoonful honey.          |
| 1 teaspoonful chopped green pepper or pimiento. | 2 teaspoons thick mayonnaise.             |
| Shredded lettuce.                               | 1 sprig parsley.                          |

Additional mayonnaise.

Peel the tomato and cut off the top. Scoop out the inside and mix with one of the olives stoned and chopped, the onion, celery, green pepper, honey and two tablespoonfuls of mayonnaise. Refill tomato and set it in a nest of shredded lettuce. Top with mayonnaise and olive. Sprinkle with parsley.

## 4

Remove the skin from firm ripe tomatoes. Cut slice from the top. Remove pulp carefully. Fill with diced cucumbers mixed with cream dressing. Top with whipped cream and sprinkle with minced parsley. Serve on a bed of watercress.

### TOMATOES STUFFED WITH COTTAGE CHEESE

Select even-sized tomatoes. Peel. Chill. Remove just enough of center pulp to hold about one tablespoon of cottage cheese.

## 1

Mix cottage cheese with cream and fill the tomatoes.



2

Mix finely chopped green onions and cucumbers with the creamed cheese or chopped green pepper or chives. Top the tomato with mayonnaise. Serve on crisp lettuce leaves or on shredded lettuce.

3

Mix cheese put through the ricer with grated onion, nuts and finely cut-up steamed beets.

4

Mince a clove of garlic. Mix it thoroughly with cottage cheese that has been put through the ricer. Fill tomato with this and top with mayonnaise.

## STUFFED TOMATOES (COOKED INGREDIENTS)

### STUFFED TOMATO CREAM SALAD

6 fresh, even-sized tomatoes.	1 tablespoon honey or raw sugar.
1 cupful steamed peas or finely cut-up string beans or asparagus tips.	4 tablespoonfuls hot lemon juice.
Lettuce.	1 tablespoon butter.
1 small cream cheese.	1 teaspoon mustard.
1 cupful whipped cream.	$\frac{1}{4}$ teaspoon celery salt.
2 egg yolks.	Dash of paprika.

Scoop out centers of tomatoes and chill. Chill the steamed vegetables to be used. Slightly beat egg yolks. Add honey or raw sugar and lastly, slowly, add the hot lemon juice, stirring constantly. Cook in double boiler until thick and creamy. Add butter, mustard, celery salt and paprika. Mix thoroughly. Remove. Let cool. Then fold in whipped cream. Combine some of this dressing with the vegetables to be used and fill the chilled tomato.

Form the cream cheese into balls. Roll them in the minced parsley. Place on top of each filled tomato. Arrange on crisp lettuce leaves on individual salad plates and garnish with dressing.

**TOMATOES—ASPARAGUS TIPS**

Take as many solid, even-sized tomatoes as there are persons to be served. Wash and stand on stem end. Cut small slice off other end. Scoop out well. Fill with steamed asparagus tips. Over this pour a mayonnaise dressing or a French dressing mixed with tomato pulp. Serve on crisp lettuce leaves garnished with two or three ripe olives and two or three fancy slices of cucumber or steamed beet.

**TOMATO BOMB SALAD**

Skin six uniform-sized ripe tomatoes. Cut a slice from stem end. Scoop out as much of pulp as possible. Steam one pint of tiny white onions (such as used for pickling). Chill them and fill tomato cups with them. Pour over each one a teaspoon of French dressing or mayonnaise. Sprinkle with minced parsley.

**FILLINGS FOR STUFFED TOMATOES**

Take as many even-sized, solid tomatoes as there are persons to be served. Scoop out pulp and refill with any of the following mixtures and serve on lettuce leaves or shredded lettuce, topped with mayonnaise or thousand island dressing. Garnish with paprika, ripe olives, minced parsley, etc.

*I*

One beet to each tomato. Cucumber, lemon and honey to taste. Mix some of the pulp with the other ingredients shredded. Add lemon juice and honey blended.

*2*

One small carrot to each tomato. Walnuts, cucumber, celery. Shred carrots. Chop walnuts and celery. Dice cucumber and mix. Use a peanut butter dressing.



3

Equal amounts of grated carrot and tomato pulp. Add a little minced parsley and a dressing of honey and lemon juice.

4

Equal amounts of diced celery or cucumber or bell pepper and tomato pulp, a bit of onion and dressing. Place in ice-chest for an hour or so. Pour off juice. Fill shells.

5

Grind carrots, nuts and prunes. Mix the tomato pulp. Steamed peas, carrots, beets or any other steamed vegetables desired may be used as filling for tomatoes.

6

Ground nuts, cabbage shredded and tomato pulp seasoned with French dressing.

7

Remove a little of the center. Fill with one teaspoonful of chopped peanuts. Top with mayonnaise.

8

Drain liquid from pulp. Add an equal amount of chopped celery, green onion, minced parsley and green pepper, chopped. Mix with mayonnaise. Refill and top with mayonnaise. Serve on lettuce leaf. Garnish with red radishes and ripe olives.

9

Mix pulp with finely cut celery, green onion, steamed peas or with whatever vegetable one has on hand. Use dressing of lemon juice, honey and oil.

## MISCELLANEOUS SALADS

### BOUQUET SALAD

1 small head cauliflower.	1 teaspoonful mustard.
2 tomatoes.	1 teaspoonful honey.
1 green pepper.	Paprika.
Yolk 1 egg.	1 teaspoonful salad oil.
½ cupful lemon juice.	1 tablespoonful cream.
2 teaspoonfuls celery salt.	

Steam the cauliflower, broken into small pieces, until tender. Slice the tomatoes thin and cut the green pepper into shreds. Set all in the refrigerator to cool. Combine the oil, honey and seasonings and place over fire until heated throughout. Then add the beaten egg yolk, stirring constantly, and cook until thick. Allow to cool and add cream. Place a slice of tomato on a bed of shredded lettuce on individual salad plates. Arrange some of the cauliflower around each slice of tomato, placing the shredded pepper across the tomato in lattice work fashion. Over this pour one tablespoon of salad dressing.

#### CARROT TAMALE

Mix grated carrots and bananas, that have been beaten to a pulp, with mayonnaise. Roll in crisp lettuce leaves. Hold together with a narrow ring of pimienta. Serve on a bed of shredded spinach or on watercress. Garnish with alternate slices of avocado and tomato sprinkled with French dressing.

#### CHIFFONDALE SALAD

Cook two green peppers in boiling water one minute. Cool and shred. Shred one head of romaine. Remove pulp from one large grapefruit and cut three small ripe tomatoes in quarters lengthwise. Arrange in salad dish and serve on lettuce with dressing of lemon juice and olive oil.

#### GREEN AND GOLD SALAD

Mustard greens.

Tops of young onions.

1 stalk celery.

1 medium-size carrot.

Brazil nuts.

Chop mustard greens, add chopped celery, minced onion tops and shredded carrots. Sprinkle with minced nuts and serve with oil dressing.

## HAPPYDEE SALAD

Scrub and grate carrots. On individual salad plate arrange young lettuce hearts around edge. Fill center of plate with grated carrot. Around carrots place slices of cucumber (do not peel). Around the outer edge arrange slices of small ripe tomatoes. Drop red radishes and ripe olives alternately in the lettuce hearts around edge of plate. Serve with French dressing or with mayonnaise.

## HARMONY—A COLOR SALAD

Place crisp raw spinach leaves in a circle on individual salad plate, then a slice of tomato, and on the tomato set a beet cup stuffed with finely chopped cabbage well seasoned with lemon French dressing. Top with mayonnaise.

## MEDLEY SALAD

Chop together three-fourths pound raw asparagus, three tomatoes, one lettuce head, one parsley sprig. Grate raw, two beets, three carrots, one onion, one cucumber. Serve in mixture with dressing of peanut butter.

## NORWEGIAN SALAD

1	cupful finely shredded red cabbage.	1/3	cupful French dressing.
			Mayonnaise.
1	green pepper chopped fine.	1	head lettuce.
		3/4	cupful stoned dates.
1/2	cupful diced celery.	1	small cream cheese.

Mix together cabbage, green pepper and celery. Over this pour French dressing. Serve on crisp lettuce leaves on individual salad plates. Top salad with mayonnaise. Garnish with two or three dates stuffed with cream cheese which has been softened with a little cream or milk. (Serves six.)

**RED AND YELLOW SALAD**

Three carrots, three beets (peeled) and four sticks of celery. Put the carrots and beets through the grinder, using the coarse disk. Cut celery fine. Mix all together. Use a mayonnaise dressing.

**SPRING SALAD**

Scallions.  
Radishes.

Watercress.  
French dressing.

Lettuce.

Slice the desired number of young scallions into small pieces, and tiny red radishes into thin slices. Chill both. Pick the leaves from a bunch of watercress and mix with the scallions and radishes. Serve on the inner leaves of lettuce using a French dressing.

**TASTY SALAD**

1 cup of diced tomatoes.       $\frac{1}{2}$  cup of celery cut fine.  
8 large ripe olives cut fine.      1 hard cooked egg diced.

Moisten with mayonnaise and serve on crisp lettuce leaves.

**TULIP SALAD**

Place a layer of crisp lettuce on salad plate. In the center place a small firm tomato which has been skinned, chilled and quartered part way down so as to open out at top. Drop a teaspoon of minced onion into center of tomato. Sprinkle with minced parsley. Encircle the tomato with slices of cucumber. (Garnish with red radishes cut as roses and a stick of stuffed celery.) Serve with mayonnaise.

**VARIETY SALAD**

Turnips may be scrubbed, grated and served raw with a lemon, honey and oil dressing. They make a splendid color combination with grated carrots (raw) and grated beets. Arrange any way desired, keeping each color distinct. Use watercress or lettuce or fresh

chopped spinach as a base. French dressing may be used for each or mayonnaise or a different dressing for each color.

### WARWICK SALAD

Cut up or put through the grinder one bunch of spinach and four or five carrots. Mix. Serve with a dressing made of honey, lemon juice and peanut butter of equal proportions, creamed well together.

## SALADS FOR SPECIAL OCCASIONS

### CHRISTMAS SALAD

Firm tomatoes.

Mayonnaise.

Watercress.

Ripe olives or avocado.

Cut tomatoes into six sections like a flower and place in a bed of watercress as a poinsettia. Drop mayonnaise in center. For stamens use strips of olive or avocado. Touches of mayonnaise on these may be used for pollen, or use the riced yolk of a hard cooked egg.

Cucumber boats (see pages 170, 171). Place cards may be used as sails.

### FOURTH OF JULY SALAD

Stuff bright red chilled tomato cups with any delicious potato salad. Sprinkle chopped whites of eggs on tops, or cottage cheese that has been put through the ricer. Serve on blue salad plates.

### THANKSGIVING DAY SALAD

Serve cranberry jelly on a lettuce leaf (see pages 204, 205). Garnish with stuffed celery and ripe olives.

### HALLOWE'EN SALAD

6 firm red apples.

Celery (ground).

Nuts (ground).

Mayonnaise.

Watercress or lettuce.

Scoop out apple pulp. Combine it with nuts and celery. Mix well with mayonnaise. Fill cups. Serve on bed of watercress or on crisp lettuce leaves.

### ST. PATRICK SALAD

#### *I*

Shredded green pepper.	Red radishes.
Chopped chives.	Watercress.
Lettuce.	French dressing.

Asparagus tips.

In salad bowl place crisp lettuce leaves. Sprinkle these with green pepper. Over this place another layer of lettuce sprinkled with chopped chives. Place heart of lettuce in center of bowl. Around it, like petals, put steamed asparagus tips. Round chilled red radishes, cut as flowers, may be placed between asparagus tips or in center of heart of lettuce. Serve with French dressing or with mayonnaise colored with minced parsley.

#### *2*

Take large firm green sweet peppers. Cut off top. Remove seeds. Wash and dry well. Fill solidly with cream or cottage cheese and chopped nuts. Place on ice. When ready to serve slice and place on shredded lettuce or on shredded cabbage with mayonnaise or with whipped cream dressing.

### VALENTINE SALAD

#### *I*

Slice steamed beets, carrots, turnips, lengthwise. Cut hearts from slices. Place on lettuce leaves or on watercress. Serve with mayonnaise plain or colored with beet juice.

#### *2*

Steam even-sized turnips. Remove centers, leaving deep cups. Fill with hearts cut from carrots and beets, topped with mayonnaise colored with beet juice. Set



on crisp lettuce leaves. Garnish lettuce with hearts that have been dipped in French dressing.

3

Pears.  
Apples.

Cantaloupes.  
Lettuce.

Cream dressing.

Slice fruits lengthwise. With a heart-shaped vegetable cutter cut out hearts. Place on bed of shredded lettuce or watercress. Serve with mayonnaise or cream dressing.

## SALADS USING COTTAGE CHEESE

### BIRD'S NEST SALADS

I

3 large tomatoes.

$\frac{1}{4}$  teaspoonful paprika.

$1\frac{1}{2}$  cupfuls cottage cheese.

1 head lettuce.

Mayonnaise.

Halve the tomatoes and remove the pulp. Season the cottage cheese with the paprika. Chill thoroughly and form into balls the size of large marbles. Put three balls into each tomato half and arrange on crisp lettuce. Serve with mayonnaise.

2

Mix a cup of cottage cheese or cream cheese with a little cream until smooth. Mix with one cup of finely cut-up green onions (tops and all), red radishes, celery cut fine. Form into small balls. Roll in chopped nuts. Serve on lettuce leaves with French dressing or with sweet or sour cream.

3

One may mix finely shredded green sweet pepper and pimientos with the cream cheese or cottage cheese. Form into balls. Roll in chopped nuts. Place four or five on a lettuce leaf. Over the top a teaspoon of mayonnaise sprinkled with minced parsley is effective.

## 4

Serve on individual plates finely chopped cabbage. Place in center a small mound of cottage cheese. Top with mayonnaise.

## CHEESE AND CELERY SALAD

- |                           |                              |
|---------------------------|------------------------------|
| 1 cup cream cheese.       | 1 cup celery (chopped fine). |
| 1 or 2 tablespoons cream. | Green onions (chopped fine). |

Blend cream and cheese. Add celery and onions. Serve on watercress or lettuce leaves with seasoning of celery salt.

## TOMATO AND CHEESE SALAD

Place sliced tomatoes on crisp lettuce leaves. Over this put cottage cheese which has been mixed with sweet or sour cream.

## COTTAGE CHEESE SURPRISE

Mix cottage cheese with nuts, chopped raisins and mayonnaise. Spread thickly on large lettuce leaves, roll up lettuce leaf. Draw roll through a narrow ring of green pepper or pimiento. Place in the center of a bed of shredded lettuce on individual plates. Around it arrange alternate slices of tomato and cucumber that have been seasoned with French dressing.

## CHEESE AND NUT SALAD

- |                              |                                |
|------------------------------|--------------------------------|
| 1 pint cottage cheese.       | 1 cup seedless raisins.        |
| 1 large cup chopped walnuts. | Mix and serve in lettuce cups. |

## CHEESE MOLD

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 cupful Neufchatel or cream cheese. | 1 tablespoon melted butter.       |
| Dash of paprika.                     | $\frac{1}{4}$ cupful sweet cream. |
|                                      | 1 cupful chopped nuts.            |

Beat the Neufchatel or cream cheese with a fork until smooth. Then add the melted butter, cream, paprika and chopped nuts. Chopped olives or pimientos may be substituted for the nuts. Thoroughly mix and



shape into an oblong on a serving plate. Chill well and serve with a simple green salad or use as a salad filling.

### LUNCHEON SALAD (Cottage Cheese)

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 pound unsalted cottage cheese. | Lettuce.                    |
| 1½ cupfuls sour cream.           | 1 medium-sized cucumber.    |
| 1 bunch red radishes.            | 1 bunch green onions.       |
|                                  | 2 teaspoonfuls celery salt. |
- Paprika.

Slice the radishes without paring them. Pare the cucumber and cut in dice. Use the white and very pale green portions of the onions peeled and cut in slices. Toss the vegetables lightly together. Add the seasonings and the cream to the cheese, stirring it in well. Then add the radishes, cucumber and onions to the cheese mixture. Chill thoroughly and serve on crisp leaves of lettuce; sprinkle with paprika. (Serves eight.)

### EASTER SALAD SUGGESTIONS

Rub cream cheese or cottage cheese and a little cream to a paste. Mix with or roll in any of the following:

1. Pimiento or green pepper finely chopped.
2. Paprika.
3. Nuts or nuts and celery chopped.
4. Minced mint or parsley.
5. Green onions finely chopped (tops and all).

Form in the shape of bird's eggs. Serve in a nest of any of the following: Watercress, shredded lettuce, shredded spinach or grated carrots—with any desired dressing.

### FLOWER SALAD

On individual salad plates place a slice of pineapple. From the center radiate petals of pimiento. In the center place a ball of Neufchatel or cottage cheese topped with mayonnaise.

## PINEAPPLE AND CHEESE SALADS

## 1

1 cup diced pineapple.

1 cup of cream or cottage cheese  
pressed through ricer.

Serve on lettuce leaf with mayonnaise. Sprinkle with minced parsley.

## 2

Place a ring of pineapple on lettuce leaves. Roll into a ball cream cheese or cottage cheese mixed with olives and nuts. Place on pineapple. Serve with or without dressing.

## COOKED VEGETABLE SALADS

## ASPARAGUS SALAD

## 1

Steam asparagus. Let cool. Place in refrigerator. Arrange on crisp lettuce leaves on individual plates. Cut rings about one-third inch wide from either a bright red pimienta or sweet green pepper. Slip four or five stalks of asparagus through each ring. Serve with French dressing into which two teaspoons of chili sauce have been mixed. Garnish with mayonnaise and a slice or two of chilled tomato on the side and one or two red radishes.

## 2

Asparagus (that has been French dressing.  
steamed). 1 head lettuce.

Pimienta.

Arrange the asparagus on crisp lettuce leaves. Garnish with strips cut from the pimienta. Serve with French or mayonnaise dressing or with any of the variations of these dressings.

### STRING BEAN SALAD

- |                                   |                  |
|-----------------------------------|------------------|
| 1 cup steamed string beans.       | Boiled dressing. |
| $\frac{3}{4}$ cup steamed celery. | Lettuce.         |

Arrange the beans and celery on the lettuce leaves. Serve with boiled dressing or with a French dressing of olive oil and lemon juice. Green pepper (chopped) may be added if desired.

### HOT BEAN SALAD

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 pint steamed string beans.  | 2 tablespoonfuls onion (cut |
| 2 tablespoonfuls lemon juice. | fine).                      |
| 2 tablespoonfuls butter.      |                             |

Mix ingredients and serve.

### FILLED BEETS

Steam even-sized beets. Peel. Chill and marinate in French dressing. Use any of following fillings. Serve on lettuce or cress. Garnish as desired.

#### 1

Finely shredded celery and cabbage moistened with French dressing. Top with whipped cream and nuts.

#### 2

String beans cut up, mixed with French dressing and topped with mayonnaise.

Turnip cups or tomato cups may be treated in the same way.

### STUFFED BEETS

- |                           |               |
|---------------------------|---------------|
| Even-sized steamed beets. | Steamed peas. |
| Steamed carrots (cubed).  | Mayonnaise.   |

Peel and cut off one end so that they will stand. Scoop out center carefully. Fill cups with equal parts of carrots and peas that have been moistened with mayonnaise. Top with whipped cream and sprinkle with ground pistachio nuts. Serve on bed of water-cress or shredded lettuce. Garnish with stalk of stuffed celery.

## BEET SALADS

*1. Beet and Pepper Salad*

Four small beets, two green peppers. Steam beets and slice thin. Remove seeds and parboil peppers for five minutes. Then cut in strips. When cold serve with a French dressing.

*2. Beet and Tomato Salad*

Place crisp raw spinach leaves in a circle on individual salad plates. Then a slice of tomato; on top of tomato a beet cup stuffed with finely chopped cabbage, well seasoned with lemon French dressing and topped with mayonnaise.

*3. Using the Beets Left from the Beet Soup*

Cube the beets. The beet tops may also be cut up fine and mixed with the beets if one desires them. Pour over this the juice of one or two lemons mixed with one or two tablespoons of honey. Keep on ice until ready to serve. Serve cold on lettuce leaf.

## 4

Cube beets. Either steam some string beans, carrots and peas, or use any steamed vegetables which may have been left over from the meal before. Cut up and mix together. Add one ripe tomato cut up. Serve on crisp lettuce leaves. Use a French dressing, mayonnaise or thousand island dressing. A salad such as this may use up any left-over steamed vegetables.

## 5

One cupful of diced cooked beets, one-half cupful of diced celery, one-half cup of cooked peas, one tablespoon of salad dressing. Mix and serve on lettuce.

## 6

1 cup steamed beets.  
Lettuce.

1 white onion chopped fine.  
Sauce tartre.

Cube the beets. Arrange on lettuce leaves sprinkled with onion. Serve with sauce tartre.

### BRUSSELS SPROUTS SALAD

Sprouts that have been steamed.	Lettuce. Roquefort dressing.
------------------------------------	---------------------------------

Arrange the sprouts on the lettuce leaves. Serve with Roquefort dressing or with plain French dressing.

### CAULIFLOWER SALAD

1 cup or more steamed cauli- flower.	1 tablespoon chopped celery.
1 cup cooked salad dressing.	1 tablespoon chopped green pepper.

Lemon juice and honey to taste.

Mix celery, pepper, lemon juice and honey with dressing and pour over cauliflower. Serve on crisp lettuce. Steamed beets or string beans may be used with the salad and mayonnaise dressing, if desired.

### CARROT AND CELERY SALAD

1 cup cubed carrots that have been steamed.	$\frac{1}{2}$ cup cut-up celery. Boiled dressing.
--	--

Lettuce or romaine.

Mix the vegetables and moisten with the boiled dressing. Serve on crisp lettuce leaves. Garnish with salad dressing. Cubed beets that have been steamed may be added to this salad, if desired.

### CARROT SALAD

1 cup diced steamed carrots.	$\frac{1}{2}$ cup steamed peas.
$\frac{1}{2}$ cup diced celery.	Mix and serve on lettuce.

### CARROT AND CORN SALAD

Three ears green corn, three carrots, one sweet pepper. Wash and scrape carrots. Steam until tender. Cool. Cook corn until done. Cool. Cut carrots in small cubes, cut corn from the cob and wash pepper. Remove seeds and chop fine. Mix together and serve on lettuce leaf with oil dressing.

**CELERY ROOT SALAD**

Use half a celery root (steamed) and equal amount of steamed potatoes, diced. Add parsley minced and a little onion as in potato salad.

**CORN, NUT AND CELERY SALAD**

Two cupfuls cooked corn, one cupful chopped walnuts, one cupful chopped celery, one teaspoon chopped onion. Mix corn with nuts and celery. Add seasoning and salad dressing. Serve on lettuce leaves.

**COMBINATION CABBAGE SALAD**

Young beets (steamed).          Green pepper (chopped fine).  
Shredded cabbage.

Place crisp lettuce leaves on plates. In center heap shredded cabbage. Around cabbage place sliced beets. Pour mayonnaise over cabbage and sprinkle with green pepper.

**COMBINATION SALADS****1**

2 cupfuls shredded cabbage.      1 cup string beans (cooked).  
1 cup grated raw carrot.          3 beets diced (cooked).

French dressing.

Do not mix beets. Arrange in layers on lettuce leaves, cabbage, carrots, beans. Garnish with beets and one spoonful of mayonnaise.

**2**

Shred one head lettuce. Add one cup peas (cooked), two green onions, one-half green pepper, shredded, and two tomatoes sliced and serve with mayonnaise dressing.

**3**

One-fourth head lettuce on individual plate, two tablespoons steamed string beans on side, two slices tomato on side, two slices green sweet pepper on side. Plenty of mayonnaise sprinkled over top.



4

Use equal quantities of cold steamed Brussels sprouts and cold steamed cucumbers. Serve with mayonnaise or French dressing.

5

Cold steamed lima beans, cubed beets and tomatoes, served with mayonnaise on lettuce leaves.

6

Cold steamed diced celery, peas and chopped onion, served with mayonnaise.

7

Steamed green peas.

Celery chopped fine.

Raw apples chopped fine.

Young steamed beets cubed.

Mayonnaise.

Mix ingredients. Serve on crisp lettuce leaves.

8

Combine equal portions of apple, celery and cabbage chopped fine with any desired dressing.

### CRANBERRY JELLY

1 quart cranberries.

2 cups boiling water.

2 cups raw sugar or honey.

2 tablespoons agar.

1 1/3 cups cold water.

Lettuce.

1 cup diced celery.

1/3 cup chopped walnu

Mayonnaise or boiled dressing.

Cook the cranberries and water together for twenty minutes. Rub through a sieve, stir in the sugar or honey and cook five minutes. Add the agar which has been dissolved in the cold water for five minutes, and just before this begins to set, pour half of the mixture into a shallow dish which has been rinsed in cold water. Allow it to set, keeping the remainder warm to prevent it from becoming stiff. Over the first half sprinkle the diced celery and nut meats. Pour the remaining half over this and allow it to set. Cut into slices and serve on lettuce with a garnish of salad dressing and a few extra nut meats.

**SPICED CRANBERRY JELLY**

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 quart cranberries.     | 1 cup boiling water.             |
| 1 3-inch stick cinnamon. | $\frac{1}{4}$ teaspoon mace.     |
| 1 cup honey.             | $\frac{1}{2}$ cup boiling water. |

Pick over the berries and set them to cook with one-half a cup of boiling water and the spices. Cover them and cook slowly until they burst. Strain through a fine sieve, return to the fire with the honey and additional one-half cup of boiling water and cook rapidly about six or eight minutes or until the mixture jells. Pour into molds and serve with main plate or on lettuce leaf as a salad garnish.

**CUCUMBER JELLY SALAD**

- |  |                       |
|--|-----------------------|
| 3 medium-sized cucumbers.              | 3 cups boiling water. |
| 2 small onions.                        | 1 tablespoon agar.    |
| $\frac{1}{2}$ teaspoonful celery salt. | Dash paprika.         |

Peel and chop onions fine. Pare and slice cucumbers. Add celery salt. Cover with the boiling water and cook until cucumbers are tender. Dissolve agar in two tablespoons cold water. When the cucumbers and onions are tender, press them through potato ricer. There should be three cupfuls of strained pulp and juice. Season. Reheat. Add agar and stir until smooth. Pour in cold, wet individual molds. Serve on lettuce and garnish with mayonnaise and sliced tomatoes.

**EGG PLANT SALAD**

Bake one medium-sized egg plant in high oven until tender. While still hot scoop out contents with silver fork and mash thoroughly. Set aside to cool. When well chilled add one chopped green pepper, one small onion, chopped, and one teaspoon of olive oil. Mix thoroughly and return to ice-box for thirty minutes before serving. Garnish with teaspoon of mayonnaise, a sprig of parsley and olives.



## FAVORITE SALAD

- |                                     |                              |
|-------------------------------------|------------------------------|
| 2 cups cubed potatoes<br>(steamed). | 1 cup cubed tomatoes.        |
| 2 cups cubed steamed beets.         | 1 cup cubed steamed carrots. |
|                                     | French dressing.             |

Combine potatoes, beets and carrots. Marinate in French dressing and chill. Serve on crisp lettuce leaves. Top with mayonnaise. Garnish with the cubed tomatoes.

## MACEDOINE OF VEGETABLES

- |                     |                           |
|---------------------|---------------------------|
| 1 cup steamed peas. | 1 cup beets.              |
| 1 cup lima beans.   | 1 head lettuce.           |
| 1 cup carrots.      | Thousand island dressing. |

Cut the carrots and beets into cubes. Keep each vegetable separate but mix each with a little of the dressing. Place four crisp lettuce leaves on each individual salad plate. In each, serve a different vegetable. Pass the dressing with this salad.

## LUNCHEON SALADS

## I

- |                        |                  |
|------------------------|------------------|
| Steamed asparagus.     | Pimientos.       |
| Steamed green peas.    | French dressing. |
| Steamed diced carrots. | Mayonnaise.      |
| Finely minced parsley. | Lettuce.         |

Arrange the lettuce on a salad plate. Radiate asparagus stalks toward the edge, leaving a space in the center for a mound of the green peas, topped with a small heart of lettuce. Surround with a ring of the diced carrots. Sprinkle carefully with French dressing, pipe thick mayonnaise in rings around both vegetables, and put a whirl in the center over the lettuce. Sprinkle the carrots with minced parsley, and the peas and asparagus with pimientos cut in small dice.

## 2

Steamed lima beans.

Steamed green peas.

Steamed carrots.

Beets.

String beans.

Corn.

Any or all of these may be served on crisp lettuce with French or mayonnaise dressing and garnished with green pepper or pimienta.

## 3

1 cup peas.

1 cup turnips.

1 cup cauliflower.

1 cup carrots.

1 cup string beans.

1 cubed potato.

Mix together with a little chopped parsley. Place on bed of crisp heart lettuce leaves and serve with mayonnaise. (Form complete lunch.)

## PEASANT SALAD

1 cup steamed peas.

1 cup steamed celery cut up.

1 cup cubed carrots.

Lettuce.

Mix the peas, carrots and celery with the mayonnaise separately. Then heap peas in the center of salad plate. Arrange the carrots around the peas and the celery around the carrots. Border this with shredded lettuce.

## PEA AND WALNUT SALAD

1 cup steamed peas.

½ cup walnut meats.

Lemon cups.

Mayonnaise.

Chop the walnut meats coarsely. Mix with the peas. Moisten with mayonnaise. Cut the lemons in half. Scoop out the pulp, leaving just the lemon cup. Slice the ends off so that the cups will stand. Place them on lettuce leaves. Fill with the mixture. Top with mayonnaise. Garnish with finely shredded pimienta or pimienta cut in star shape and with a stalk of stuffed celery.

## POTATO SALADS

## 1

Steam potatoes. Peel when cold, cube and add a small onion chopped very fine and minced parsley. Mix well with French or mayonnaise dressing. Serve on crisp lettuce leaves. Garnish with red radishes and one or two sticks of stuffed celery. Finely chopped celery may be added to salad, if desired.

## 2

Two pounds of cold cooked potatoes, one onion cut fine. Mix with one cup mayonnaise, a bit of chopped cabbage, to be added if desired. Serve on lettuce leaf with a slice of tomato on top.

## 3

Cube new potatoes. Cut up onions, celery, olives, nuts. Mix thoroughly with a plain dressing of honey, lemon juice and oil. Then garnish with mayonnaise.

## 4

2 cups of steamed potatoes	3 hard-cooked eggs chopped.
(diced).	$\frac{1}{2}$ cup celery chopped fine.

Mix well with mayonnaise or French dressing or cream dressing. Serve on crisp lettuce (shredded) or on a watercress bed.

## 5

Cube steamed potatoes. Cut up onions very fine. Let stand mixed with potatoes. Cut fine plenty of celery, a pimienta or two, olives, walnuts. Add cut-up radishes, if desired. Sprinkle over it and through it plenty of minced parsley. Any good mayonnaise plentifully used makes this a delicious salad. Omit any ingredient not desired. Adding a tablespoon or so of chili sauce to the mayonnaise gives a special tang for those who feel they need it.

## 6

Steamed potatoes diced.	3 hard-cooked eggs.
$\frac{1}{2}$ cup walnuts chopped.	Ripe olives cut up fine.
Minced parsley.	

Mix and keep in refrigerator. Just before serving mix well with mayonnaise to which has been added (if desired) a tablespoon of chili sauce. Serve on crisp lettuce. Garnish with a stick of stuffed celery.

## CREAMED POTATO SALAD

(New Potatoes)

3 cups diced steamed potatoes.	2 teaspoons minced parsley.
2 teaspoons finely chopped onion.	$1\frac{1}{2}$ teaspoon celery salt.
$\frac{1}{4}$ cup diced celery.	$\frac{1}{8}$ teaspoon paprika.
	3 tablespoons lemon juice.
	1 cup cream.
2 tablespoons butter.	

Heat the cream and butter. Pour over the other ingredients and mix together. Mix well and serve. (Serves six.)

## POTATO AND BEET SALAD

Steam potatoes and beets until tender. Cut into half-inch dice (equal amounts of each). Mix in a bowl and pour over a simple dressing of lemon juice and oil. Let this stand for an hour or two before serving. Serve on lettuce leaves.

COMBINATIONS FROM WHICH POTATO SALADS  
MAY BE MADE

1. Potato, green onion, celery, egg, radish, parsley, dressing.
2. Potato, beets, celery, green onion, parsley, dressing.
3. Potatoes (steamed), cucumber, onion, celery (sour cream dressing).
4. Potatoes, carrots, turnips, pimiento.
5. Potatoes, string beans, onions, parsley.
6. Potatoes, parsley, onion, stuffed olives.
7. Potatoes, onion, parsley, green pepper, celery.

## TOMATO DELIGHT

Ripe, even-sized tomatoes.	Mayonnaise or thousand
Steamed asparagus tips.	island dressing.
Lettuce.	French dressing.

Remove skins of tomatoes. Chill. Then cut in half crosswise. Place in bowl of French dressing. Let stand in refrigerator until ready to serve.

Cut asparagus tips in even lengths. Place in French dressing for two or three minutes before serving. When ready to serve, place tomatoes on crisp white lettuce leaves on individual plates with cut side up. Stand asparagus tips upright in cut slits in tomato. Drop mayonnaise or thousand island dressing on tomato between tips. Garnish with minced parsley.

## DAVID'S TOMATO SALAD

Cut ripe even-sized tomatoes in half. Place halves on individual salad plates on lettuce or watercress beds. Heap high with cottage cheese. Serve desired dressing separately. Garnish with red radishes and a stalk of stuffed celery.

## TOMATO JELLY SALAD

6 tomatoes.	1 teaspoon chopped parsley.
1 tablespoon agar.	1 cup finely chopped celery.
1 teaspoon grated onion.	Celery salt.
Paprika.	

Cut up the tomatoes. Cook them with the onion and parsley for about ten minutes. Then rub through a sieve. Add agar which has been soaked in cold water. Reheat until the agar is well dissolved. Then add the celery. Stir well. Pour into individual wet molds. Chill. Then turn out on lettuce leaves. Serve with a halved walnut on each mold. Mayonnaise dressing may be passed with the salad.

**TOMATO JELLY**

6 tomatoes.	1 stalk celery.
1 tablespoon agar.	2 tablespoons lemon juice.
$\frac{3}{4}$ cup cold water.	1 bay leaf.
$\frac{1}{2}$ onion.	2 cloves.

Dash of paprika.

Soften agar in cold water for five minutes. Cook together the tomatoes, onion, celery, bay leaf, cloves and paprika for ten minutes. Then add lemon juice and dissolved agar. Pour into one large mold or into individual molds. Set in a cool place or on ice to form. When ready to serve, place on crisp lettuce leaves and garnish with mayonnaise. This jelly may also be used as a garnish for salads or for any baked vegetable loaf, etc.

Tomato jelly may be poured in bottom of mold, then a salad of finely chopped nuts, apples and celery may be put in the center and more cool jelly poured over this. Leave until firm. Serve on watercress. Garnish with a slice or two of lemon.

## CHAPTER VII

### FRUIT SALADS

#### *About Fruit Salads:*

In summer time salads are preferable to cooked foods.

Containers for salads may be made from grapefruit, orange and lemon shells. Handles may be cut in one with basket or pimiento, celery and green pepper strips may form handles.

Keep cups in ice water or on ice until ready to serve. Drain and dry. Picot the edges. If cups are large the points may be cut deep and rolled down.

Apples should never be chopped for salads.

Prepare apples and bananas just before serving the salad. If apples are cut right into the dressing they won't turn brown.

Cut oranges in about the middle of the section or just each side of the membrane, leaving pulp out. Then cut in pieces crosswise.

When juicy fruits are to be used with any but fruit juice dressings, they should be drained. The juice may be reserved for drinks or for sauces, etc.

Bananas are better cut into quarters lengthwise than sliced across.

Grapes, seeded and halved, large raspberries and blackberries may be used as garnishes for fruit salads.

Pears and apples, if used in salad, discolor unless used *at once*.



Use sprigs of fresh mint or minced mint as base for salad or for seasoning or for a color effect in fruit salads.

### AVOCADO FRUIT SALAD

1

Bananas  
Avocado.

Grapefruit.  
Orange.

Mayonnaise.

Slice bananas. Cube avocados. Remove all pulp from grapefruit and cut up fine. Slice oranges. Mix and serve with mayonnaise sprinkled with chopped nuts.

2

Chop and mix together bananas, apple, orange, peach and pineapple. Add an equal amount of diced avocado meat. Make a syrup with the juices of the fruits and honey and pour over the fruit. Serve with whipped cream and ground nuts.

For more avocado salads look under "Special Avocado Salads," pages 179 to 184, inclusive.

### AMBROSIA

Dice choice orange meats. Grate fresh cocoanut. Mix carefully.

### APPLE SALAD

One or two apples, diced fine; three or four sticks of celery, diced fine; eight or ten English walnuts. Mix with mayonnaise or French dressing. Serve on lettuce leaves.

### APPLE AND CELERY SALAD

Cut apples and celery very fine. Add a bit of minced parsley. Mix these and add lemon juice. Use mayonnaise or a French dressing.

### APPLE SALAD

Mix grated apples, half teacup raisins, chopped, half pound ground almonds and a little nutmeg.



## STUFFED APPLES

### 1

Apple, walnuts or pecans, uncooked salad dressing. One may cut skin in design, if one desires. Cut apple in half and scoop till apple is about three-eighths-inch thick. Chop part scooped and mix with nuts and dressing.

### 2

Clean and hollow out large, firm apples. Mix the pulp with nuts and celery that have been chopped finely or put through the grinder. Stir mayonnaise into filling. Place in the apple cups and serve on lettuce leaves.

## APRICOT SALAD WITH PECANS

Apricots.

Mayonnaise or French  
dressing.

Pecan meats.

Lettuce.

Chop the nuts coarsely. Cut the apricots in half. Fill the cavities with chopped nuts. Serve on lettuce leaves with mayonnaise or French dressing on each.

## BANANA AND ORANGE SALAD

(Serves four)

Remove skins from banana. Scrape and cut in quarters lengthwise, and into thirds crosswise. Roll in finely chopped nuts. Pare oranges, cut in slices (crosswise). Insert a piece of the banana through each slice. Arrange on bed of crisp lettuce and serve with French dressing.

## BANANAS WITH NUTS

Slice bananas lengthwise in two. Roll in whipped cream and then in ground nuts. Allow one tablespoonful of cream and one of nuts for each banana.

## BERRIES

Wash well and remove stems. Serve whole, with or without honey, or mash with fork. Nut meal or crumbles or finely shredded cocoanut may be sprinkled over the berries. Carob meal or carob crumbles may be used with the berries.

## BUTTERFLY SALAD—INDIVIDUAL

Cut and halve two slices of tomato. Arrange on crisp lettuce leaves or on a bed of cress, back to back (like butterfly wings). Use cottage cheese for body of butterfly. Sprinkle with paprika. Use strips of avocado for the feelers. (Pineapple may be used instead of tomato and decorated with raisins and nuts.) Serve dressing separately.

## CANDLE LIGHT SALAD

Pineapple.

Banana.

Mayonnaise or whipped  
cream.

Cherry.

On each salad plate place a crisp lettuce leaf. On this, a slice of pineapple with center removed as in canned pineapple. Cut ends off banana. Then cut in about two-inch lengths. Stand erect in center of pineapple. Let whipped cream or mayonnaise drip over banana as candle drip. Place strawberry or cherry on top of banana. This is very effective.

## CANOE SALAD

6 bananas.

2 oranges.

2 slices pineapple, or an equivalent of crushed pineapple.

Salad dressing.

Any berries in season.

Cut a section of skin from the concave curve of the banana. Carefully take out the pulp leaving the skin as the canoe; pare oranges, separate sections and cut

in small pieces. Cut pineapple in small pieces. Mix together. Fill canoes with this. Cover with mayonnaise or French dressing. Sprinkle top with paprika. Place on bed of shredded lettuce or watercress. Garnish with any berries in season.

### CANTALOUPE

1

Cut in half. Remove seeds. Serve cold.

2

Serve filled with berries in season, sprinkled with honey and cocoanut, or cut-up dates or carob crumbles and honey.

3

Serve cantaloupe in form of balls. Use a potato scoop to cut cantaloupe in balls. Serve as a cocktail or as a salad on lettuce leaves with or without some form of dressing.

4

Use half a cantaloupe as a cup. Cut a piece off the stem end so it will stand. Remove seeds. Cut up strawberries, bananas, dates, apples. Mix with honey to suit taste. Fill the cup. Top with whipped cream and cherries or with nuts and mayonnaise.

5

Cut up peaches and apricots, sprinkle with cocoanut. Any fruits in season may be used as a filling for the cantaloupe cup. If desired, mix fruit with honey or with cream nut dressing before placing in cups.

### CANTALOUPE SALAD

Pare a cantaloupe. Remove seeds. Dice. Serve on lettuce leaves with French dressing. Sprinkle with shredded cocoanut or with chopped nuts, if desired.

## CAROB FRUIT PIE

Use one-half portion of carob, finely powdered, and one-half portion of mixed fruits. Add a dash of powdered ginger.

## CHERRY SALAD

Pit large cherries. Fill each cavity with a hazelnut. Arrange on crisp lettuce leaves and serve with French dressing.

## DATE AND NUT SALAD

2 cupfuls dates.                  2 cupfuls of celery.  
½ cup of walnut meats.

Cut celery fine. Cut dates and walnuts into four pieces each. Moisten with boiled salad dressing or with mayonnaise and serve on lettuce leaves.

## FRUIT SALADS

*I*

Eight or ten dates cut fine, small avocado cut up, two bananas, one-half box of strawberries, one delicious apple, one pear. Add about one dozen English walnuts chopped up. Mix well. Add one or two tablespoonfuls of honey to suit taste. Any fruits or berries and nuts, combined with a bit of honey to suit the taste and served on a lettuce leaf, make a wholesome fruit salad.

## 2

Place a few leaves of lettuce in each individual salad bowl. Then cut fine a stick of celery. Cut a grapefruit in half—cross section. Remove pulp with grapefruit knife—one-fourth to each bowl. Cut half an orange the same way to each bowl. One slice of pineapple, cut up. One-fourth or one-half of a banana, sliced. One-fourth of a good tasty apple. Cut in small pieces with the skin on. A few seedless raisins sprinkled over the top. Pour over these individual salads the following dressing:

One teaspoonful of nut cream or any good almond butter and one teaspoonful of honey, creamed together. Add some of the fruit juices—pineapple, orange and grapefruit—until it is like a thin cream. This amount is for each individual bowl.

This is practically a meal—not a side dish.

## 3

- |                              |                              |
|------------------------------|------------------------------|
| 2 oranges.                   | 2 apples.                    |
| 2 bananas.                   | Shredded cocoanut.           |
| Walnuts cut in small pieces. | Crushed or grated pineapple. |

Peel oranges, separate sections, and cut in small pieces; peel and finely slice apples; peel and scrape the bananas, then cut them in small slices. Combine the fruits. If apples and oranges are very tart, sweeten with a little honey. Sprinkle over this shredded cocoanut and nut meats. Celery is very good mixed with the fruits.

## 4

Cube one cup of sweet oranges and one cup of delicious apples. Cut two cupfuls of strawberries and one-half head of lettuce, shredded. Mix all together and add a bit of honey and a few drops of lemon juice.

## 5

Apples, oranges, dates, raisins. Cut the above ingredients into small pieces and serve with honey, thinned with orange juice.

## 6

- |  |                                     |
|--|-------------------------------------|
| 1 large red apple (do not peel) diced. | $\frac{1}{2}$ pound white grapes.   |
| 1 banana.                              | $\frac{1}{2}$ can pineapple, diced. |
|  | 5 stalks celery.                    |
| $\frac{1}{2}$ cup chopped nut meats.   |                                     |

Serve on lettuce with a fruit dressing.

7

Slice one ripe banana and one pear.

Serve with crushed pineapple, or with orange juice and honey.

8

Equal quantities of bananas, apples, oranges and one slice of pineapple cut up for each portion. Add some dried figs cut in small pieces. Mix with honey to suit taste.

9

Delicious or any tasty apples, diced. Pineapple cut in cubes. Dates stoned. Whipped cream or mayonnaise dressing. Halves of walnuts to garnish.

10

Bananas cut in halves, arranged on lettuce leaves. Add very ripe nectarines, peeled and cut in halves. Almond cream dressing.

11

Peel one pound of sweet French plums, one-half pound of very ripe peaches, slice two bananas, add one-half pound seedless grapes. Juice of one orange, tablespoon of honey. Mix thoroughly. Serve.

12

Bananas, red raspberries, peaches arranged in layers. Serve with mayonnaise and whipped cream in equal parts.

13

Sliced oranges, chestnuts (steamed), French dressing.

#### SHEMP FRUIT SALAD SUPREME

Dice unpeeled apple. Add raisins, celery, nuts. Marinate with French dressing. Place on lettuce leaves. Sprinkle with cocoanut. Garnish with walnut halves and grapes. Place the Shemp fruit dressing in center.

### FRUIT SALAD COMBINATIONS

Create your own salads, using these combinations:

1. Grapefruit, oranges, bananas and pineapple.
2. Cut celery, oranges, pecans and pineapple.
3. Oranges, almonds and lettuce hearts.
4. Romaine, oranges and pitted olives.
5. Strawberries, oranges, bananas, on shredded lettuce.
6. Sliced pineapple, covered with Spanish onions, sliced thin.
7. Cherries, peaches, bananas, oranges, chopped nuts.
8. Diced apples, celery, raisins, chopped nuts.

Any of these may be served with honey and lemon dressing or with mayonnaise. All fruits must be fresh.

1. Oranges, pitted cherries, bananas and berries (honey and nut cream).

2. Peaches, plums. Any appropriate dressing.

3. Sliced banana, sweet orange, grated fresh pineapple, topped with whipped cream and nuts.

4. Bananas, oranges, Malaga grapes, pineapple. Any fruit salad dressing.

5. Apples and celery, chopped walnuts, mayonnaise dressing.

6. Kumquats and Malaga grapes—fruit juice dressing.

Fruit combinations for you to make into salads (use any desired dressing or fresh fruit juices):

1. Banana, orange, pineapple, seedless raisins.
2. Avocado, grapefruit, oranges.
3. Orange, banana, avocado.
4. Celery, apples, raisins, nuts.
5. Nectarine, raspberries or loganberries, cherries.
6. Peaches or apricots, raspberries, cherries.
7. Pears, apples, oranges.
8. Bananas, strawberries.
9. Cantaloupe, pineapple, berries.



10. Apples, bananas, oranges.
11. Apricots, bananas.
12. Bananas, grated fresh cocoanut.

### GRAPEFRUIT

Cut grapefruit in half. Loosen pulp from outside and remove pulp from center with a sharp knife. Serve with honey or with berries in center, or with any fruit desired.

### GRAPEFRUIT SALAD

1

Peel the grapefruit. Remove seeds and skin. Cut up fine. Mix well with French dressing to which nut cream butter or peanut butter has been added. Serve on lettuce leaves. Sprinkle shredded fresh cocoanut over the top. One may use mayonnaise as a dressing, if desired. (Sweeten with honey.) Avocado, cubed, will go well with this salad.

2

Romaine.

1½ grapefruit.

Roquefort cheese.

French dressing.

Wash and dry romaine. Chill. Arrange on individual plates. Scoop out pulp of grapefruit. Heap on romaine leaves. Sprinkle with the cheese, crumbled. Over this pour French dressing.

Endive may be used instead of romaine.

### LETTUCE SURPRISE

1 head lettuce.

½ cup seedless raisins, or

½ cup finely chopped dates.

1 cup cottage cheese.

½ cup chopped nut meats.

½ cup mayonnaise.

Celery salt, if desired.

Mix cottage cheese, raisins or dates, and nuts. Add mayonnaise and celery salt. (Dried figs may be substituted for raisins, if desired.)

Use large, crisp leaves of lettuce. Spread thickly with above filling. Roll up like a jelly roll. A strip of



pimiento and green pepper may be used to hold the roll together if it is necessary, or use small toothpicks. Long-stemmed nasturtiums (if in season) may be used to tie rolls, tying flower to top.

Serve two or three on individual plates with smallest lettuce leaves, dipped in French dressing, in between.

### LOS ANGELES FRUIT SALAD

Cut in halves two solid heads of lettuce. Place in water, inner face down, to extract insects. Wash and drain. Remove enough of the inner leaves to form a hollow nest.

Cut up orange and grapefruit. Mix with French dressing. Fill the lettuce nest with this. Along the edge place grapes, halved and seeded. Over the top sprinkle finely chopped nuts, with a spoon of mayonnaise and a cherry in the center.

Avocados taken out in small balls with a special utensil for the purpose, may be used instead of grapes, or pitted cherries. Pears may form the foundation instead of lettuce, or large apples.

### PEACH SALAD

Cut in half large ripe peaches. Remove pits. Fill the hollows with equal parts of nuts and dates, chopped fine (or raisins). Top with mayonnaise or with nut butter dressing or with whipped cream. Serve on lettuce leaves.

### PIERRETTE SALAD

- |                      |             |
|----------------------|-------------|
| 1 cup apple strips.  | 1 pimiento. |
| 1 cup celery strips. | Dressing.   |
| 1 green pepper.      | Lettuce.    |

Cut apple, celery, green pepper and pimiento in thin strips size of matches. Just before serving toss with mayonnaise, and heap on crisp lettuce leaves.

## PEAR SALAD

(With Cottage Cheese)

Marinate pears (whole or halves) in French dressing. Make a mound of cottage cheese on a platter. Pour the dressing with pears, marinated over cheese. Place the pears around the cheese as a border. Serve with crackers or with cocoanut crisps.

## ORANGE SALADS

1

Cut up oranges fine, removing pulp. Sweeten with honey. Serve cold. Sliced bananas may be added.

2

Slice choice oranges and sprinkle with fresh grated cocoanut.

3

Cut up oranges and peanuts. Mix with mayonnaise and serve on lettuce.

4

3 Sunkist oranges.  
Few grains mustard.

French dressing.  
Watercress.

Pare oranges. Cut in very thin slices. Cut each slice in quarters. Marinate with French dressing to which mustard is added. Serve on watercress.

5

Oranges, grapefruit or apples with shredded mint make a refreshing salad.

## PEAR AND DATE SALAD

Pears, dates and nuts. Peel ripe pears, cut in half and core; stuff with pitted dates, serve on shredded lettuce and sprinkle with chopped nuts. This may be served with honey and lemon dressing or with mayonnaise, or, if desired, use maple syrup as a dressing.

## PEAR AND CELERY SALAD

Mix together equal parts of diced pear and celery (leave skin on pear). Dress with whipped cream just enough to hold well together. Serve on lettuce leaves.

## PEAR AND PIMIENTO SALAD

Pears.

Lettuce.

Pimiento.

French dressing.

Halve the pears. Serve on lettuce leaves. Garnish with strips of pimiento and serve with French dressing.

## PEAR AND PINEAPPLE SALAD

Wash and halve pears. Scoop out centers and fill with chopped celery and walnuts. Over this put chopped pineapple and use pineapple juice for dressing. (Almond dressing or whipped cream dressing may be used.)

## FRESH PEAR SALAD

Pears (one per person), cottage cheese, nuts and honey. Peel pears, cut in halves and scoop out core with round scoop. Cream cottage cheese through sieve, add chopped nuts and honey to taste. Cream may be added to the cheese, if desired. Fill pear with cheese and place on other half of pear. Take whole cloves and put them in diagonally across cut in pear so as to hold together. Place in nest of lettuce leaves. Use peanut butter dressing or almond butter dressing over top of pear. Cross two strips of pimiento on top of dressing.

## PEAR AND ENDIVE SALAD

Endive.

French dressing.

Bartlett pears.

Paprika.

Peel and cut pears into eighths. Wash and pick over endive. Arrange it on salad plates. Put slices of pear over it. Pour over this a French dressing. Sprinkle with paprika or use a few strips of pimiento as a garnish.

### PORCUPINE SALAD

Pour lemon juice over halves of pears and let stand in ice-box a few hours. Place a half a pear on a lettuce leaf (cut side down) and stick peanuts into pear. Mayonnaise or whatever one wishes may be used.

### FRESH PINEAPPLE

Peel with sharp knife and remove eyes. Slice, cut into cubes or chips, and let stand in refrigerator with honey to sweeten it.

### FRESH PINEAPPLE SALAD

1 small pineapple. Honey salad dressing.  
Lettuce hearts.

Pare the pineapple and remove the eyes; chip into small thin pieces. Dress with honey dressing and let stand thirty minutes. Serve on lettuce hearts.

### PINEAPPLE SALADS

1

On a lettuce leaf place a slice of pineapple, make a ball of cottage cheese and place in center of pineapple with a sprig of parsley.

2

Arrange slice of pineapple on lettuce leaves. In the center place ripe olives, stoned and cut up. A tablespoon of mayonnaise to each slice. Over this sprinkle cream cheese which has been put through a ricer.

3

On shredded lettuce place one slice of pineapple; make a ball of Neufchatel cheese and put on the slice of pineapple, then a dash of mayonnaise and a sprinkle of paprika.

### PINEAPPLE, ORANGE AND NUT SALAD

Pineapple. Chopped walnuts or pecans,  
Navel oranges. or any nuts.  
Banana. Lettuce.  
Dressing.

Slice pineapple in even rings. Let stand awhile before using, with honey dripped over it. Cut bananas in about half-inch or three-fourths-inch slices. Roll in finely-chopped nut meats. Peel oranges. Cut in slices crosswise. Remove center core. Arrange crisp lettuce leaves on individual plates. Place slice of pineapple over this, then a slice of orange. In center of orange, place a slice of banana. Over this use French dressing and sprinkle with the rest of the chopped nuts.

### PINEAPPLE JELLY SALAD

Drain juice from half a can Nutridiet pineapple. Add one tablespoon lemon juice and enough water to make a pint. Heat to boiling point and add two tablespoonfuls agar. Just as it is ready to set, add three slices of pineapple, cubed, one-half a can Spanish pimientos, shredded, and one medium-sized cucumber or one cup celery, cut up fine. Season with celery salt. Mold in individual molds or in one large mold and slice. Serve with cream salad dressing.

### PINEAPPLE SALAD

Three tablespoonfuls of grated pineapple. One large delicious apple, cut up, two sticks of celery, cut small; one tablespoon of olive oil. Mix well and garnish with seedless raisins.

### STUFFED PRUNE SALADS

Large prunes.

Mayonnaise.

Nut meats.

Lettuce.

Wash and soak prunes in cold water over night. Steam until tender or use as they are after soaking. Remove pits. Fill prunes, some with nut meats and others with cream cheese.

On individual plates place crisp lettuce leaves or shredded lettuce or watercress. Lay stuffed prunes (both kinds) on lettuce bed. Chill. When ready to

serve, top with mayonnaise and serve with whole wheat crackers and cream cheese or with whole wheat crackers spread with avocado.

## 2

Large prunes.	2 teaspoonfuls chopped nuts.
Package of cream cheese.	1 teaspoon lemon juice.
2 tablespoonfuls cream or milk.	1 teaspoon melted butter.
Paprika.	Toast, buttered and cut in strips.

Wash and soak prunes over night. Steam and then chill. Cut off very tip of pointed end. Remove seed and fill full of following mixture:

Mix cheese and cream or milk to paste. Add nuts, lemon juice and butter. Mix well. Fill prunes to overflowing. Place standing on strips of buttered toast, two or three to a strip. Sprinkle tops of filling with paprika. Serve.

## PRUNE FLOWER SALAD

Seed steamed or soaked prunes. Cut in fours lengthwise. Spread several on lettuce leaf to form petals of flower. Add Dutch cheese ball to form the center. Top with mayonnaise; sprinkle with paprika.

## PRUNE AND CREAM CHEESE SALAD

Soak until tender, large sweet prunes, cut up fine and mix with cream cheese. Serve on bed of shredded lettuce or cabbage or celery, with French or any preferred dressing.

Cubed pineapple and raisins or cut-up dates may be used instead of prunes. An equal amount of cottage cheese may be mixed and served on lettuce leaves.

## RAISIN SALAD

One-half cup chopped raisins, one cup celery, cut in pieces, one-half cup walnuts, cut in small pieces. Combine and serve on shredded lettuce with mayonnaise.

### STRAWBERRY DELIGHT

One box strawberries, partly mashed. To this add honey to suit taste (not too sweet). Pour a banana dressing over the strawberries.

### SWISS SALAD

Peaches.

Pineapple.

Cherries.

Swiss salad dressing.

Lettuce.

Cube pineapple, pit cherries and cut up peaches. Mix lightly. Arrange on crisp lettuce leaves. Serve with Swiss salad dressing.

### TUTTI FRUTTI SALAD

$\frac{1}{2}$  cup shredded pineapple.      2 tablespoonfuls chopped

$\frac{1}{2}$  cup finely cut-up peaches.      walnuts.

$\frac{1}{2}$  cup finely cut-up cherries.

Arrange the fruit on lettuce leaves with a generous spoonful of fruit salad dressing on each.

### VALENTINE FRUIT SALAD

(See "Holiday Salads," pages 195, 196.)

### WATERMELON

*I*

Watermelon may be served in shape of balls as a cocktail. Both cantaloupe and watermelon served together in this way form a colorful dish. Pile watermelon balls up in center of dish with a ring of cantaloupe balls around it.

*2*

Rub salad bowl with garlic. Next place a bed of romaine lettuce. Fill this with balls of cantaloupe and watermelon. Over this pour a French dressing made with fruit juices.



## CHAPTER VIII

### SALAD DRESSINGS

#### *About Dressings:*

Lemon juice should take the place of vinegar.

Most commercial vinegars are acetic acid and are unfit for food.

For sweetening purposes honey, genuine maple sugar or syrup and brown sugar are best. (Given in order of preference.)

A wooden spoon is best for stirring dressings while cooking. Dip it in cold water prior to and after using.

Do not mix nuts with the dressing. Sprinkle them over the salad when ready to serve.

Mayonnaise or French dressings go best with vegetable salads.

Cream dressings or whipped cream go best with fruit salads. They may also be used with shredded lettuce, cabbage, cooked beets, celery and carrots.

Sour cream may be used instead of sweet cream in all cream dressings. In that case use less lemon juice.

Dilute lemon juice with water in dressings, if too sour. (One-third water, two-thirds lemon juice.)

To vary a mayonnaise one may add one-fourth cup of whipped cream just before serving.

Nut dressings may be varied by mixing with flavorings, with tomato juice and with mayonnaise. They go well with fruit salads.



## PLAIN FRENCH DRESSINGS

Are best with: (1) Fresh salad greens; (2) fruit salads; and (3) cheese salads.

French dressing plus condiments are best with fresh salad greens.

Plain mayonnaise is best with vegetable salads.

Whipped cream mayonnaise is best with fruit salads.

Mayonnaise plus condiments are best with succulent vegetable, cream cheese and nut salads.

Boiled dressing is best with vegetable salads.

## BOILED DRESSINGS

*One Pint Salad Dressing*

Mix one tablespoon of vegetable oil, one tablespoon of honey and one teaspoon of mustard.

Add slowly beaten yolks of three eggs, one-half cup of vegetable oil and one-third cup lemon juice. Cook in double boiler until the mixture thickens. Beat well the whites of eggs and stir into dressing while it is still hot.

## QUICK SALAD DRESSING

1 egg.	3 tablespoonfuls lemon juice.
2 tablespoonfuls brown sugar or honey.	3 tablespoonfuls water.
	Lump of butter.
$\frac{1}{2}$ teaspoon mustard.	$\frac{1}{2}$ tablespoon whole wheat flour.
$\frac{1}{2}$ teaspoon celery salt.	

Boil until thick.

## EGGLESS BOILED SALAD DRESSING

$\frac{3}{4}$ teaspoon mustard.	1 tablespoon whole wheat flour.
1 teaspoon celery salt.	
$\frac{1}{8}$ tablespoon lemon juice.	1 scant tablespoon honey.
	1 cup cream.

Mix the dry ingredients and add cream. When smooth, add the lemon juice which has been brought to the boiling point, and cook till smooth and creamy. If

inconvenient to use cream, three-fourths cupful of milk and one-fourth cupful of melted butter may be used instead.

### BOILED DRESSING

- |  |                                       |
|--|---------------------------------------|
| 1 egg.                                     | 1 tablespoon melted butter.           |
| 1 cup sweet or sour cream<br>or rich milk. | 4 tablespoonfuls lemon juice.         |
| $\frac{1}{2}$ teaspoon dry mustard.        | 1 tablespoon brown sugar or<br>honey. |

Dash of paprika.

Beat the eggs. Add the other ingredients and beat hard. Cook carefully over hot water in a double boiler, whipping with egg-beater while cooking. Cool by standing the saucepan in cold water. Beat occasionally while cooling.

### VARIATIONS OF THE BOILED DRESSING

Same as suggested for mayonnaise.

### FRENCH DRESSINGS

1

Use equal parts of lemon juice, honey and oil. Mix well. Should you be not over fond of oil, use less oil and an equal part of the other two. Should you not care for the "sweet taste," use less honey. One may make this dressing to suit taste by experimenting with the three ingredients.

2

- |  |                                     |
|--|-------------------------------------|
| Juice of 1 lemon (about<br>$\frac{1}{2}$ cup). | 2 teaspoonfuls of oil and<br>honey. |
| $\frac{1}{4}$ cup of water.                    | Mix thoroughly.                     |

3

Three parts vegetable oil and one part lemon juice. Season to taste. Mix well.

4

- |                                     |                               |
|-------------------------------------|-------------------------------|
| $\frac{1}{2}$ teaspoon celery salt. | 4 tablespoonfuls oil.         |
| $\frac{1}{4}$ teaspoon paprika.     | 2 tablespoonfuls lemon juice. |

Mix ingredients in order given and stir or shake thoroughly just before serving. A half pint glass jar with screw top is best for mixing.

For French Cream Dressing: To the above add three tablespoonfuls heavy cream and shake well until blended.

## 5

- |   |                           |               |                       |
|---|---------------------------|---------------|-----------------------|
| 3 | tablespoonfuls olive oil. | $\frac{1}{2}$ | teaspoon celery salt. |
| 1 | tablespoon lemon juice.   |               | Dash of paprika.      |

Place the oil and seasoning in a cold bowl. Stir them 'round and 'round with the back of a spoon until well mixed. Then add the lemon juice slowly and stir until a perfect emulsion is formed. This dressing may be made in large quantities and kept in a glass fruit jar in a cold place. Shake vigorously before using.

## VARIATIONS OF THE FRENCH DRESSING

*Sauce Vinaigrette:* Add to the French dressing one teaspoon each of chopped capers, ripe olives and parsley. Use this sauce with asparagus, celery and other salads.

## ROQUEFORT DRESSING

Add three tablespoonfuls of grated Roquefort cheese to the French dressing, with enough paprika to give it a good color.

## MARTINIQUE FRENCH DRESSING

To French dressing add one-half teaspoon finely chopped parsley and one-half teaspoon finely chopped green pepper.

## FRENCH DRESSING A LA PARIS

- |               |                                  |               |  |
|---------------|----------------------------------|---------------|--|
| $\frac{1}{2}$ | cup vegetable oil.               | $\frac{1}{2}$ | teaspoon honey.                        |
| 5             | tablespoonfuls lemon juice.      | 2             | tablespoonfuls parsley (chopped fine). |
| 1             | tablespoon finely chopped onion. | 3             | red peppers (small).                   |
|               |                                  | 6             | green peppers (small).                 |
|               |                                  |               | 1 teaspoon celery salt.                |

Mix ingredients in order given. Let stand. Just before using, stir well or use water-whipper. A splendid dressing for lettuce, endive and romaine.

#### FRENCH DRESSING FOR FRUIT SALADS

Orange or grapefruit juice may be used as well as lemon juice.

#### RADISH DRESSING

Slice unpeeled red radishes fine. Mix into any good French dressing.

#### BANANA FRENCH DRESSING

Beat banana to a pulp and mix thoroughly with French dressing.

#### EDITH SHEMP'S FRENCH DRESSING

8 tablespoonfuls lemon juice. 4 tablespoonfuls olive oil.  
4 tablespoonfuls honey.

Mix well, put into a bottle and keep in refrigerator. Shake well before using.

#### MAYONNAISE DRESSING

##### *About Mayonnaise:*

Utensils and ingredients must be very cold.

To prevent curdling try the following devices: Set bowl on ice, continue to stir. Add a teaspoon of cream or a few drops of lemon juice. If still curdled, try another yolk, add curdled portion later. Adding the lemon juice to the yolk before adding the oil lessens the tendency to curdle.

Mayonnaise may be colored green with mint leaves or with parsley crushed to a pulp, and pink or red with beet juice for St. Patrick or Valentine salads.

1 teaspoon mustard.	4 tablespoonfuls lemon
1 teaspoon celery salt.	juice.
1 teaspoon honey.	1½ cupfuls vegetable oil.
Yolks of 2 eggs.	Dash of paprika.

Mix dry ingredients. Add egg yolks. Mix thoroughly. Then add one-half teaspoon lemon juice. Add oil very gradually, at first drop by drop, stirring constantly. As mixture thickens, add lemon juice. Then alternate oil and lemon juice, stirring constantly until ingredients are used up.

If oil is added too rapidly, dressing will not thicken. Start again with another egg yolk, adding the first mixture very slowly. Mixing bowl should be chilled as well as oil used. A power whipper may be used to beat it.

Add to salad just before using.

Should cream be added to mayonnaise, it must be used the same day. Chili sauce may be added to it to give added seasoning and color. Watercress and parsley put through grinder may be added to give green color to the mayonnaise for special occasions (St. Patrick's Day, etc.). Pimiento or red pepper treated the same way will give a red mayonnaise.

#### MRS. WESTERMAN'S MAYONNAISE—EXCELLENT

Yolks of two eggs, one quart of oil, one teaspoon of mustard, a pinch of celery salt, juice of two small lemons or one large lemon, one teaspoon of honey, a dash of paprika. Beat the yolks well, adding a few drops of lemon. (We use the Magic Water Whipper.) Then add the oil very slowly, a few drops at a time (this is all-important for if the oil is put in too fast at beginning, it will not thicken but will curdle, instead), until it begins to thicken. Then pour in a bit of lemon—more oil. Continue this until oil and lemon are used up. Then add mustard, honey, celery salt and paprika. If mayonnaise is used for fruit salad, add more honey.

## EGGLESS MAYONNAISE

- |               |                                 |               |                              |
|---------------|---------------------------------|---------------|------------------------------|
| 3             | tablespoonfuls evaporated milk. | $\frac{1}{2}$ | teaspoon celery salt.        |
|               |                                 | $\frac{1}{2}$ | teaspoon mustard.            |
| $\frac{3}{4}$ | cup salad oil.                  | $\frac{1}{4}$ | teaspoon paprika.            |
| 2             | tablespoonfuls lemon juice.     | $\frac{1}{4}$ | teaspoon honey or raw sugar. |

Combine dry ingredients. Add milk and gradually beat in the oil. Then add lemon juice, beating until smooth. This dressing will keep indefinitely in a cool place.

## CONDIMENTLESS MAYONNAISE

- |               |                   |                         |
|---------------|-------------------|-------------------------|
| 1             | egg.              | Lemon juice.            |
| $\frac{1}{4}$ | tablespoon honey. | Vegetable or olive oil. |

Separate egg. Drop yolk into a bowl. Add honey and mix. Add one-half teaspoon of lemon juice, then about one-half teaspoon of oil, and gradually more oil until an emulsion is formed. Then add more lemon juice and more oil alternating until both are used up. Lastly, add the beaten white of the egg.

Please note that salt, pepper, mustard and paprika have been omitted from the above recipe.

## VARIATIONS OF MAYONNAISE DRESSING

*Sauce Tartre:* To the mayonnaise add one teaspoon each of chopped capers, ripe olives, parsley and grated onion.

*Sauce Tyrolienne:* To the mayonnaise add half a cup of chili sauce and fold in the stiffly beaten white of an egg.

*Thousand Island Dressing:* To one-half cup of mayonnaise, add two tablespoonfuls of finely chopped pimientos, two teaspoonfuls minced chives (if desired) and two tablespoonfuls chili sauce. Whip one-half cup heavy cream. Fold into the above. Chill before using.

*Russian Dressing:* To one cup of mayonnaise add half a cup of chili sauce, one tablespoon each chopped peppers, small onions or chives and ripe olives.

*Valentine Day Salad Dressing:* Use any mayonnaise or boiled dressing mixed with pimienta or red pepper. Put pimienta through the grinder. This will give a red coloring; or use beet juice.

*St. Patrick's Day Salad Dressing:* Use any mayonnaise mixed with watercress or parsley; put greens through the grinder. A green mayonnaise will result.

*A Fruit Salad Mayonnaise:* Use pineapple juice with mayonnaise instead of lemon.

## CREAM DRESSINGS

*(Whipped Cream and Sour Cream)*

### WHIPPED CREAM DRESSING FOR ST. PATRICK'S DAY SALAD

To one pint whipped cream add celery salt, paprika, juice of one lemon and two tablespoonfuls minced parsley. Garnish with hard-cooked eggs (if desired).

### WHIPPED CREAM DRESSING

1 pint whipped cream dressing.     Juice of lemon.  
Minced parsley, chopped ripe olives and pimienta.

### CREAM DRESSING

1 cup cream.     1 tablespoon vegetable oil.  
Juice of 1 lemon.     1 tablespoon onion juice.

### CREAM SALAD DRESSING

1 cup whipping cream     2 tablespoonfuls lemon  
    (sweet or sour).     juice.  
½ teaspoon prepared     1 or 2 teaspoonfuls honey  
    mustard.     to taste.

Whip with egg-beater until stiff. Then add gradually one-half cup of sweet milk and continue to whip until stiff. Add dressing to salad, always reserving a little for the top of each plate.



## CREAM DRESSING

- |   |                       |    |                       |
|---|-----------------------|----|-----------------------|
| 1 | teaspoon celery salt. | 2½ | tablespoonfuls melted |
| 2 | teaspoonfuls mustard. |    | butter.               |
| ¾ | tablespoon honey.     | ¾  | cup cream.            |
| 1 | egg lightly beaten.   | ¼  | cup lemon juice.      |

Mix in order given, adding lemon juice slowly. Steam in double boiler. Stir constantly until it thickens. Cool.

## TASTY CREAM DRESSING

- |          |                             |          |                       |
|----------|-----------------------------|----------|-----------------------|
| 3        | tablespoonfuls lemon juice. | A couple | radishes cut very     |
| 1        | teaspoon honey.             |          | fine.                 |
| 1        | teaspoon celery salt.       | ½        | green pepper cut very |
| 6        | tablespoonfuls cottage      |          | fine.                 |
|          | cheese.                     | 1        | clove garlic.         |
| Paprika. |                             | ½        | cup sour cream.       |

Rub inside bowl with cut clove of garlic. Mix finely chopped radishes and pepper. Add other ingredients. Beat well. Use over any leafy salad.

## HONEY CREAM SALAD DRESSING

- |   |                         |   |                       |
|---|-------------------------|---|-----------------------|
| ½ | cup strained honey.     | 3 | egg yolks.            |
| ¼ | teaspoon paprika.       | ½ | teaspoon celery salt. |
| 1 | tablespoon lemon juice. | 1 | cup heavy cream.      |

Heat honey to boiling point. Pour it slowly into well-beaten egg yolks, beating constantly. Cook one minute, stirring constantly. Take from fire, stirring as it cools. Add seasonings. When about ready to serve, add cream which has been whipped.

## SOUR CREAM DRESSINGS

## 1

To one cup of sour cream add three tablespoonfuls honey and lemon juice to suit taste. Mix well.

## 2

- |                            |   |                          |
|----------------------------|---|--------------------------|
| Juice of 1 lemon.          | 3 | tablespoonfuls vegetable |
| 1 cup sour cream dressing. |   | oil.                     |



## 3

- |                               |                         |
|-------------------------------|-------------------------|
| 1 cup sour cream.             | Paprika.                |
| 3 tablespoonfuls lemon juice. | Mustard.                |
| 1 teaspoon honey.             | 1 pimiento.             |
|                               | 1 teaspoon celery salt. |

Beat well. Add lemon juice, honey, celery salt and paprika, and mustard to suit taste. Beat all until thick. Add finely chopped-up pimiento for color. Good served on cold slaw or on cucumber salad, etc.

## 4

## COOKED

- |   |   |
|---|---|
| 1 cup sour cream.                       | $\frac{1}{2}$ teaspoon mustard.             |
| 1 or 2 eggs.                            | $\frac{1}{4}$ cup ginger.                   |
| $\frac{1}{4}$ cup brown sugar or honey. | $\frac{1}{2}$ teaspoon celery salt.         |
| $\frac{1}{4}$ cup lemon juice.          | $\frac{1}{2}$ tablespoon whole wheat flour. |

Mix dry ingredients. Then add cream, lemon and eggs. Cook until it thickens, stirring constantly.

## 5

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 teaspoon mustard.                 | 1 tablespoon whole wheat flour.     |
| 1 teaspoon brown sugar or honey.    | $1\frac{1}{2}$ teaspoonfuls butter. |
| $\frac{1}{2}$ teaspoon celery salt. | 1 egg.                              |
| Dash paprika.                       | $\frac{1}{3}$ cupful lemon juice.   |
| $\frac{1}{2}$ cupful milk.          | $\frac{1}{2}$ cupful sour cream.    |

Mix well the dry ingredients in the top of a double boiler. Beat the egg well. Add the yolk. Stir this gradually into the dry ingredients. Cook until the mixture coats the spoon, stirring constantly (very slow fire). Add lemon juice, stirring well. Remove from stove. Cool and add the sour cream.

## PEANUT BUTTER DRESSINGS

## I

One tablespoonful of peanut butter, thinned with lemon juice to consistency of mayonnaise. Flavor with a tablespoonful of honey.

## 2

- |   |                             |                            |
|---|-----------------------------|----------------------------|
| 1 | tablespoon peanut butter.   | Mix ingredients well.      |
| 2 | tablespoonfuls lemon juice. | Use for fruit salad or for |
| 5 | tablespoonfuls water.       | sandwiches.                |

## NUT BUTTER DRESSING

Mix well any nut butter with water or with orange juice or with French dressing. Use as a fruit salad dressing.

## NUT DRESSING FOR FRUIT SALAD

- |   |                       |                |                      |
|---|-----------------------|----------------|----------------------|
| 2 | tablespoonfuls almond | $\frac{1}{2}$  | cup water.           |
|   | butter.               | $1\frac{1}{2}$ | tablespoonfuls lemon |
| 2 | tablespoonfuls honey. |                | juice.               |
|   | $\frac{1}{2}$         | teaspoon       | celery salt.         |

Cream butter and water, adding water a little at a time. Add the other ingredients.

## MISCELLANEOUS DRESSINGS

## AVOCADO DRESSING

## 1

Grind or chop very finely a clove or less of garlic, green onion stalk, and parsley. A pinch of ginger. Take a ripe avocado and mash. Mix the ingredients thoroughly with the avocado. Then add a little buttermilk or cream (cream preferably). Mix all together until of a smooth, creamy consistency.

## 2

Beat or whip the avocado to the consistency of mayonnaise. Serve over fruit salad. Garnish with ground nuts.

## BANANA DRESSING

Use three ripe bananas and beat with an egg beater to a froth.

## CURRY DRESSING

Place the strained juice of one lemon in a bottle. Add twice that amount of oil, and a pinch of curry powder. Put cork in bottle and shake well.

## DELICIOUS SALAD DRESSING

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 5 tablespoonfuls mayonnaise.  | 1 teaspoonful finely chopped olives. |
| 2 tablespoonfuls lemon juice. | 1 teaspoonful finely chopped chives. |
| 1 teaspoonful minced parsley. |                                      |

Mix all the ingredients thoroughly together and serve on lettuce hearts, garnished with cheese balls.

## DRESSINGS FOR FRUIT SALAD

## I

- |                                     |                                |
|-------------------------------------|--------------------------------|
| $\frac{3}{4}$ cup pure apple juice. | $\frac{1}{4}$ cup lemon juice. |
| $\frac{1}{3}$ cup honey.            | 2 eggs, beaten thoroughly.     |

To the beaten eggs add the other ingredients. Cook in double boiler till egg sets. If too thick, thin with lemon or apple juice. Orange or pineapple juice may be used instead of apple.

## 2

- |                             |                   |
|-----------------------------|-------------------|
| 1 cup brown sugar or honey. | Juice of 1 lemon. |
| 1 cup water.                | 1 egg.            |

Boil the sugar and water together until the syrup will spin a thread. Pour this over the well-beaten yolk of an egg. Beat while cooling. Add the lemon juice. When cold and just before serving, whip in the stiffly-beaten white of the egg.

## SHEMP FRUIT DRESSING

Dissolve in juices of one orange, one-fourth lemon, one grapefruit, one-half teaspoon whole wheat flour and honey to taste. Put all in double boiler and cook until thick. Cool and serve on fruit salad.

## MINT DRESSING

Chop mint leaves fine. Let stand in honey in sun for a few hours. Then add lemon juice to taste. Splendid with any fruit salad.

## NUT BANANA DRESSING

Beat ripe bananas to a pulp. Add two teaspoonfuls of almond or nut cream butter. Beat well to consistency of mayonnaise.

## OLIVE OIL DRESSING

2	tablespoonfuls olive oil.	1	tablespoon honey.
$\frac{1}{4}$	cup water.	$\frac{1}{4}$	teaspoon celery salt.
	Juice of $\frac{1}{2}$ lemon.		

Stir thoroughly. If kept in bottle or jar, shake well before using.

## ORANGE SALAD DRESSING

1	green pepper put through grinder or finely chopped.	Pulp and juice of 1 orange.	
$\frac{1}{2}$	cup stuffed olives (chopped).	$\frac{1}{2}$ teaspoon celery salt.	
		4	tablespoonfuls salad oil.
		2	tablespoonfuls lemon juice.

Paprika.

Beat well lemon, oil, celery salt and paprika. Add green pepper, orange pulp, juice and chopped olives. Use as dressing for lettuce and tomato salad, etc.

## RUSSIAN SALAD DRESSING

2	tablespoonfuls lemon juice.	1	tablespoon chili sauce.
1	tablespoon minced green pepper.	$\frac{1}{2}$	cup salad oil.
2	teaspoonfuls minced parsley.	$\frac{1}{8}$	teaspoon paprika.
		$\frac{1}{2}$	teaspoon celery salt.
		$\frac{1}{2}$	teaspoon mustard.
	1 teaspoon grated onion.		

Mix lemon juice, pepper, parsley, chili sauce and onion together. Add to this the mustard, celery salt and paprika, after first mixing them well together.

Then beat the salad oil into this. Use power whipper to beat oil, or shake well in a glass jar.

#### SWISS SALAD DRESSING

3 egg yolks.	4 tablespoonfuls salad oil.
$\frac{1}{2}$ cup strained honey.	$\frac{1}{4}$ teaspoon paprika.
Juice 1 lemon.	$\frac{1}{2}$ pint cream.
$\frac{1}{2}$ teaspoon celery salt.	

Beat the egg yolks to a cream in a saucepan. Bring the honey to the boiling point and pour onto the beaten egg yolks. Beat the whole over the fire one minute. Take from fire and beat continuously for five minutes, until it is as thick as mayonnaise; add the lemon juice, celery salt, salad oil and paprika, beating constantly. When cold, fold in the cream, whipped stiff. Serve with fruit arranged on nests of crisp lettuce leaves and with Swiss salad.

## CHAPTER IX

### COOKED VEGETABLES

#### *About Vegetables in General:*

All vegetables are more healthful undercooked than overcooked.

Wilted vegetables may be freshened by allowing them to stand in cold water.

Vegetables lose some of their natural sweetness by standing. This is true of corn and of peas, especially.

Winter vegetables should be kept in a cold dry place. Beets, carrots, turnips, potatoes, etc.

Squash should be spread and needs special watching. If dark spots appear, use at once.

In using dried vegetables, soak them in cold water several hours before using.

Vegetables to be used in salads must be crisp, tender and dry.

#### *About the Cooking of Vegetables:*

Vegetables should be washed in cold water.

With vegetables, all depends upon the cooking container. There are on the market various cooking utensils which tend to preserve the organic salts.

*Asparagus:* Green asparagus is best. Let it stand in cold water about an hour. Wash thoroughly by dipping up and down in a pan of water to dislodge sand particles.

*Beans:* String beans should be clean, bright and smooth and should snap easily if fresh and not over-mature.

Remember that beans are very concentrated and therefore are a better winter food.

Soak dried beans over night in plenty of water. Cover them with fresh water in the morning. Steam five to ten minutes, place in an earthenware bean jar, cover with fresh water, cook in slow oven for from five to eight hours. One may use a Health Aluminum Ware utensil, or a Cary Health Cooker, as both bake on top of the stove without an oven.

*Beets:* Should be fresh, firm and rounded. To freshen leave in cold water over night.

To keep sweetness intact do not break skins until cooked. Over-cooking toughens beets.

To remove skins: As soon as taken from steamer drop in cold water and rub off skins.

Small new beets require from one-third of an hour to an hour of steaming. Large old beets require from two to three hours.

*Cauliflower:* Soak cauliflower (and loose heads of cabbage) in cold water for an hour or so, in order to remove insects if there are any. Drain and shake gently.

Be careful not to overcook. It should remain white after cooking. Twenty minutes ought to be ample. If cooked cauliflower is to be used in a salad, let it stand in cold water until ready to serve.

*Cucumbers:* Select firm, straight, slender cucumbers with well-rounded ends and at least two-thirds green in color.

They should be kept on ice.

Cucumbers are delightful peeled, quartered lengthwise, and served plain without flavoring.

*Celery:* A bunch of celery is the whole plant.

A stalk of celery refers to one piece of the bunch.

Cut celery rather than chop it. Have it dry before cutting.



Reserve outside stalks for cooking. Serve inside tender stalks raw. Use the leaves chopped up in salads; or keep for soups; or dry, pulverize, and use as a celery salt flavoring.

*Cabbage*: Select small or medium-sized solid heads. Look at the core or stump to see if it is perfect, as most of the defects start there.

Cabbage keeps best in a cool, rather damp place.

Cabbage should be shredded very fine or chopped.

*Corn*: Do not boil sweet corn as it loses its flavor. If one has not a steam kettle or a Health Aluminum Ware utensil, boil the water first, let corn stand in it from ten minutes to a half hour—depending upon the freshness of the corn.

*Eggplant*: Select firm, smooth, glossy, purple eggplants; if soft, wrinkled or too large, they are *generally over-mature*.

*Greens*: To wash greens, such as spinach, etc., use plenty of water; move them up and down; remove. Change the water. Repeat, cleaning through several waters, until no sand is found in the pan.

If overcooked the flavor of spinach is strong and the bright green color is lost.

*Mushrooms*: To wash mushrooms rinse up and down in cold water, rub the caps quickly. Shake and drain in a colander. Always cut off a thin slice from the end of the stalk and discard it.

Over-cooking toughens mushrooms. From five to twenty minutes should be enough for any.

*Oyster Plant* (salsify, a delightful vegetable): Soak three or four hours before using. Be sure to remove any dark spots found in the root or the flavor will be spoiled.

*Parsnips*: Are best when young and tender, otherwise there is too much woody fibre.



Parsnip tops and young carrot leaves are good in soup—the leaves contain phosphorous.

*Green Peas:* Pea pods should be brittle and bright green.

Wash in pods. Much sweetness is lost if washed after shelling.

*Potatoes:* After baking, work potato in the hand until soft and mealy nearly all through without breaking the skin (use a towel to protect hands).

Replace potatoes on the grate until all are ready.

To bake potatoes more quickly, pour boiling water over them just before baking.

*Sweet Potatoes:* Clean, bright, medium-sized, rather chunky sweet potatoes are best.

Sweet potatoes spoil easily. Buy them in small quantities. Keep them from getting chilled.

*Tomatoes:* Choose heart-shaped or globular tomatoes with smooth, glossy skin and good red color.

*To Skin Tomatoes:* When perfectly ripe the skins peel easily. Rub the back of a silver knife all over the surface to loosen the skin.

Wipe and cover with boiling water. Let stand one minute. Skin comes off easily. Chill thoroughly, and cut in one-third-inch slices.

*Vegetable Containers for Salads:* Tomato cups or baskets (with handles of celery or green pepper strips slid down deep inside), cucumber boats or baskets.

*Vegetable Containers:* Turnips and beets may be used as cups to hold peas, carrots, etc.

Tomato cups may be filled with string beans, etc., and baked. (Green peppers also.)

#### ARTICHOKES

Cut off stems close to leaves. Remove outside leaves. Cut off about an inch down from top of leaves. Soak a half-hour in cold water. Turn upside down to

drain. Place in a Health Ware container and let steam for from half an hour to forty-five minutes. Serve with melted butter or with mayonnaise dressing.

### ASPARAGUS—STEAMED

Cut off lower parts of stalks as far down as they will snap. Wash. Steam in a Cary Health Cooker for about fifteen minutes or less. Serve with butter alone or on whole wheat buttered toast, using any desired sauce.

The tough portion makes good soup.

### BUTTERED ASPARAGUS

Asparagus.	1 tablespoon lemon juice.
2 tablespoons butter.	Celery salt.
	Paprika.

Steam asparagus. Add the butter, lemon juice and seasoning to taste. Serve on hot plates.

### ASPARAGUS ON TOAST

#### 1

Asparagus.	1 tablespoon whole wheat
1 cup milk.	pastry flour.
1 tablespoon butter.	Celery salt.
	Paprika.

Buttered whole wheat crouton strips.

Steam asparagus. Melt butter and flour together. Add milk, liquid from asparagus and seasoning. Cook until thick. Arrange asparagus on strips of buttered toast. Pour white sauce over it and serve.

#### 2

Cut rings one-third inch wide from a lemon. Remove pulp. Toast oblong pieces of whole wheat bread and moisten with a bit of watery juice of the asparagus. Put stalks of stewed asparagus through lemon cut rings.

Arrange on toast. Brush with melted butter. Serve hot with Hollandaise sauce, or with melted butter poured over asparagus.

#### ASPARAGUS ON TOAST WITH MUSHROOM SAUCE

Asparagus tips.	4	tablespoons whole wheat
$\frac{1}{2}$ pound mushrooms.		flour or garbanzo meal.
4 teaspoons butter.	$\frac{1}{4}$	teaspoon paprika.
1 teaspoon celery salt.	2	cups milk.
6 slices whole wheat toast.		

Steam asparagus. Wash mushrooms thoroughly. Skin. Chop up or slice. Make a sauce by melting butter and adding flour and seasonings. Pour in the milk slowly, stirring constantly until smooth. Add the mushrooms and cook until they are tender. When ready to serve, place asparagus tips on buttered toast and pour sauce over it.

#### BAKED ASPARAGUS

Steamed asparagus.	1	tablespoon butter.
1 cup bread crumbs.		Seasoning to taste.

Cut the asparagus into inch lengths. Place in layers in a buttered baking dish. Sprinkle bread crumbs, celery salt and paprika between each layer. Over all pour juice left after steaming asparagus. Bake twenty minutes. Just before removing from stove, sprinkle top thickly with grated cheese. Let melt. Serve.

#### BAKED ASPARAGUS AU GRATIN

Steam asparagus for about ten minutes. Place a layer in casserole or baking dish. Sprinkle with grated cheese and place another layer over this. Continue until ingredients are used up. Chop an onion fine. Brown it in an ounce or so of butter. Pour over the asparagus. Sprinkle top with cheese and bread crumbs. Bake for about a quarter of an hour in a moderate oven. Serve in a casserole.

**FRESH STEAMED LIMA BEANS**

Wash and steam or cook in waterless utensil until tender (from thirty minutes to an hour). Serve with melted butter and celery salt, if desired.

**LIMA BEANS CREAMED**

Steam beans until tender. Make a white sauce as for asparagus on toast.

**DRIED LIMA BEANS CREAMED**

Soak overnight one cup of dried beans. Drain. Steam until tender. Then add three-fourths of a cup of cream or milk. Season with butter. Reheat and serve.

**BUTTERED STRING BEANS**

Wash well, string and break into small pieces. Steam until tender. Season with butter and celery salt or with parsley, onion and olive oil.

**STRING BEANS CREAMED**

Steam beans. Make a white sauce as in asparagus on toast.

**MURRAY'S FAVORITE DISH**

Use equal portions of string beans and ground carob (St. John's bread). Add a bit of finely cut onion. Steam or bake until tender.

**BUTTERED WAX BEANS**

Prepare the same as buttered string beans.

**WAX BEANS IN WHITE SAUCE**

Steam beans. Make a white sauce as in asparagus on toast.

**MABLE'S BAKED BEANS**

One pound Martha Washington beans (small). Put in enough cold water and let come to boil (or until wrinkled). Drain off in colander. Cover again

in cold water and cook until soft. Grease pan and pour beans (to which have been added two tablespoons of molasses) into pan. Bake until brown in a slow oven.

### BAKED BEANS AND TOMATOES

Soak overnight one quart of navy beans. Cover with fresh cold water and steam one hour. Bake in a slow oven in a stone crock after adding to the beans three cups of tomatoes, cut up, two tablespoons honey and two teaspoons onion juice. Cover and bake three or four hours. Remove cover. Brown.

### RED KIDNEY BEANS AND SPAGHETTI

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 cup red kidney beans.          | 2 tablespoons minced onion. |
| 1 cup spaghetti.                 | 2 tablespoons olive oil.    |
| $\frac{1}{2}$ cup tomato puree.  | 2 tablespoons whole wheat   |
| $\frac{1}{3}$ cup grated cheese. | flour or garvanza meal.     |

Soak beans overnight. Steam till tender. Dry. Steam spaghetti till tender. Cook in olive oil and the tomato puree. Thicken with flour and season to taste. Serve on a platter with beans in center and spaghetti, sprinkled with grated cheese, around them.

### RED KIDNEY BEANS WITH POTATOES (STEAMED)

Soak two cups of beans overnight. Steam them till tender. Add two cups of water, two cups tomatoes, one finely chopped onion, one cup celery, cut up. Let simmer in steam thirty minutes; then add three small potatoes cut in cubes and some minced parsley. Cook thirty minutes longer. Then add four tablespoons of butter or oil and serve.

### CREAMED BEANS—BAKED

- |                                  |        |
|----------------------------------|--------|
| 2 cups navy beans.               | 1 egg. |
| $1\frac{1}{4}$ cups cream sauce. |        |

Soak beans overnight. Then steam till tender. Mash through a sieve. Season to taste, mix cream sauce and bean pulp and stir in a well-beaten egg.

Pour into a buttered baking dish, sprinkle whole wheat bread crumbs over the top and bake till brown.

### BUTTERED BEETS

Beets.	1 tablespoon lemon juice.
1 tablespoon butter.	Seasoning.

Steam the beets until tender. Then peel and slice. If very small, do not cut but heat them thoroughly. Add the butter, lemon juice and seasoning (may omit lemon juice).

### CREAMED BEETS

Beets.	1 tablespoon whole wheat
1 cup milk.	pastry flour.
Seasoning.	1 tablespoon butter.

Steam the beets. Then peel and slice them. Cover with a white sauce made of the flour, butter, milk and seasoning.

### STUFFED BEETS

1 cup lima beans or peas that	Seasoning.
have been steamed.	Butter.

Parsley.

Select large beets. Steam them. Peel and hollow each one out deeply. Cut the part removed into small pieces and heat with the peas or lima beans. Season with butter and celery salt. Heat the beets also. Season them with butter and celery salt and fill with the other vegetables. Stick a sprig of parsley in each beet cup.

### STEAMED BEET TOPS

Wash beet tops thoroughly. Steam until tender. Serve with butter.

### BAKED BEET TOPS

Clean well. Steam about ten minutes with a tablespoon of butter. Cut up. Melt about one-eighth pound butter. Stir into it until smooth two ounces garvanza meal. Add one cup milk. Let it come to a boil. Add two tablespoonfuls grated cheese. Add beet tops,



the yolks of two eggs that have been beaten well, and lastly, fold in the beaten whites of the eggs. Bake and serve immediately.

### BAKED BEETS

1

Wash beets well. Bake in oven (350° F.) until tender. Peel, cube or slice. Serve hot with melted butter.

2

Parboil beets for about twenty minutes from the time the water begins to boil. Then place them in the oven and bake until tender. You will find that by parboiling the beets first they won't shrink as much as when they are placed directly in the oven. All the sweetness of the beet is retained through baking.

3

Scrub well one bunch of beets. Place in a baking dish with from one-half to one cup of water and one tablespoon of olive oil. Bake in a hot oven (about 250° F.) in a covered dish from an hour to an hour and a half, depending upon the size of the beets. Peel and serve whole or cubed with butter.

### BEET CUP FILLINGS

Steam even-sized beets. Peel and scoop out well. Fill with peas or lima beans, buttered. Serve hot.

Both a beet and turnip cup may be served at one meal. Select small beets and turnips. Fill beet with peas buttered and turnips with creamed carrots.

### BRUSSELS SPROUTS—STEAMED

Remove outside wilted leaves. Soak in cold water for about twenty minutes. Steam or use waterless cooker for twenty minutes or until tender. Serve with butter (one tablespoon lemon juice may be used, if desired).

## BRUSSELS SPROUTS—CREAMED

Steam the sprouts. Prepare a white sauce and pour it over them. Serve hot.

## BRUSSELS SPROUTS—BAKED

Follow recipe for steamed sprouts. Then place in buttered casserole and pour tomato sauce over sprouts. Sprinkle with celery salt, cottage cheese, whole wheat bread crumbs and dot with butter. Bake in a quick oven for about fifteen minutes.

## SCALLOPED BRUSSELS SPROUTS

Remove wilted leaves. Soak in cold water one pound Brussels sprouts. Steam until tender. Wash and cut fine one and one-half cups of celery. Melt three tablespoonfuls butter. Add celery. Steam two minutes. Add three tablespoonfuls whole wheat flour. Pour in slowly one and one-half cups scalded milk. Place sprouts in casserole or in any baking dish. Pour prepared mixture over sprouts. Cover with whole wheat bread crumbs. Dot with butter. Bake in hot oven until crumbs are brown.

## BRUSSELS SPROUTS AU GRATIN

Brussels sprouts.	1 cup white sauce.
2 tablespoonfuls grated cheese.	

Steam the sprouts. Place them in a buttered baking dish in layers with the white sauce between. Sprinkle grated cheese over the top. Dot with paprika. Bake fifteen minutes.

## STEAMED CABBAGE

Take off outside leaves. Cut in quarters or in smaller pieces. Place in cooking utensil. Steam for from twenty-five to forty-five minutes. Serve with butter.



## WHITE CABBAGE AND SPANISH ONIONS

Take off outside leaves. Chop cabbage and onions. Steam in a little olive oil seasoned with tomato sauce or with chili sauce.

## STEAMED RED CABBAGE AND APPLES

1 medium-sized red cabbage.	4 apples (with skins).
Juice of 2 lemons.	$\frac{1}{2}$ cup honey or less.
Large lump butter.	Celery salt.
1 teaspoon or more of whole wheat flour (if desired).	

Shred cabbage and cube apples. Mix and add other ingredients except flour. Steam until tender. If desired, this may be thickened by adding the whole wheat flour dissolved in some of the cabbage juice.

## RED CABBAGE AND APPLES STEWED

(For Two Persons)

1 head red cabbage (small).	2 apples.
1 whole lemon, sliced.	

Stew with a little olive oil or butter.

## CREAMED CABBAGE ON TOAST

Shred a head of cabbage. Steam or cook in a waterless kettle. Make a cream sauce of milk, whole wheat flour and butter. Pour this over the cabbage. Stir over fire. Serve on buttered toast.

## BAKED CABBAGE

1

Steam first. Then pour over steamed cabbage one or two well beaten eggs to which has been added one cup of rich milk or cream. Bake in a casserole until brown.

2

Slice a small solid head of cabbage about one-quarter of an inch thick. Arrange in baking dish. Alternate layers of cabbage and of raisins. Add a bit of garlic. Bake about 30 minutes or until tender.

## ESCALLOPED CABBAGE

Place slices of steamed cabbage in baking dish. Over this pour one cup milk. Cover with buttered crumbs. Bake until crumbs are brown.

## CABBAGE ROLLS—STEAMED OR BAKED

Take as many cabbage leaves from a loose head of cabbage as there are portions to be served. Wash leaves and place in a dish. Pour just enough boiling water over them to cover. Let stand and prepare the following filling:

Grind carrots and one cup of nuts. Mix thoroughly. Take a portion of the mixture and place on a cabbage leaf. Roll it so that it is snug and the mixture does not fall out. Place these in a steam cooker and pour tomato sauce over them. Let steam for half an hour or bake in a moderate oven. The rolls may be steamed first and the hot tomato sauce poured over each individual portion when serving.

## FILLED CABBAGE LEAVES

- |                                       |  |
|---------------------------------------|--|
| 1 head cabbage (not<br>a solid head). | 2 eggs.                                      |
| Parsley, thyme, sage                  | 1 teacup brown rice (steamed).               |
| (to suit taste).                      | 2 tablespoons whole wheat<br>cracker crumbs. |
| 2 onions (sliced and steamed).        |  |

Boil two quarts of water. Separate cabbage and wash thoroughly. Put into boiling water. Remove from fire. Let stand a half hour. Mix rice and steamed onions, minced parsley, seasonings and cracker crumbs. Remove cabbage leaves from water. When cool place a tablespoon of the mixture in each cabbage leaf, roll up part way, then turn in the ends and continue rolling. Press between palms of hands gently. Place stuffed cabbage leaves in a casserole or roasting pan. Pour over tomato sauce, to which water in which cabbage soaked has been added. Let simmer or bake in a slow oven for about half an hour.

### BUTTERED CARROTS

Carrots.                      1½ tablespoons butter.  
Seasoning.

Steam the carrots. Cube or slice or put through the ricer. Prepare as in buttered beets, omitting the lemon juice.

### CREAMED CARROTS

Carrots.                      2 tablespoons butter.  
1 tablespoon whole wheat      Seasoning to taste (paprika,  
pastry flour.                      mace, celery salt).  
1 cup milk or cream.

Steam the carrots. Then slice and reheat. Make a white sauce of the flour, milk, juice of the carrots and seasoning. Pour over the carrots and let stand in the steam kettle for a half hour or so before serving.

### STEAMED CARROTS AND PEAS

6 carrots.                      Celery salt.  
1 cup fresh peas.              Butter.  
Any sauce desired.

Scrub carrots and dice. Add peas and steam until tender. Season with butter and celery salt or with cream sauce or with parsley and olive oil. Carrots and sweet potatoes may be treated in the same way or served with a large lump of butter and honey.

### CARROTS AND SQUASH

Equal amounts of carrots and squash. Peel or scrape carrots and dice them. Dice squash. Steam until tender and mash with butter.

### CARROTS AND TURNIPS A LA PRINCESS

1 cup carrot strips.              Chopped parsley.  
1 cup turnip cubes.              1 cup Princess Sauce.

Wash, scrape and cut carrots in two-inch strips. Wash, pare and cut white turnips in cubes. Steam

both until tender. Moisten with Princess sauce and sprinkle with chopped parsley.

### SCALLOPED CARROTS

Wash and scrape clean a few large carrots and slice lengthwise one-quarter inch thick. Put alternate layers of carrots and toasted whole wheat bread crumbs into buttered baking dish, finishing with bread crumbs. Pour over enough milk to cover. Place bits of butter on top. Bake about forty minutes until thoroughly heated and nicely browned.

### STEAMED CAULIFLOWER

Soak one head cauliflower for about one-half hour in water to cover—head down. Drain, break buds apart and steam or cook in a waterless utensil. Serve with melted butter.

### CREAMED CAULIFLOWER

Treat as for steamed cauliflower and serve with a cream sauce.

### CAULIFLOWER WITH MOUSSELAINE SAUCE

Remove leaves, cut off stalk and soak cauliflower for half an hour in cold water (head down). Steam, head up, until tender. Separate into flowers and serve with Mousseline sauce.

### HOW TO USE OUTSIDE LEAVES OF CAULIFLOWER

3 cups diced cauliflower	1 tablespoon butter.
leaf ribs.	1 tablespoon whole wheat
½ cup milk.	flour.

Paprika.

Dice ribs of large leaves of cauliflower. Steam until tender. Make a sauce of melted butter, flour and milk. Pour over and sprinkle with paprika.

## BAKED CAULIFLOWER

Follow recipe for steamed cauliflower. When tender place in buttered casserole and alternate layers of cauliflower and whole wheat bread crumbs (toasted, if desired), each layer dotted with butter. Continue until ingredients are used up. Have top layer bread crumbs. Over this pour a cup of milk or cream. Bake until brown. Other healthful seasoning may be used, if desired.

## BAKED CAULIFLOWER

Steam cauliflower buds slightly. Put in a baking dish. Over this pour olive oil, and bake until slightly crisp. Serve with tomato sauce.

## CAULIFLOWER AU GRATIN

After steaming cauliflower, separate into flowerettes. Place a layer of flowerettes in a casserole or baking dish. Sprinkle with grated cheese, then with whole wheat bread crumbs. Dot with butter. Over this, a second layer of flowerettes. Treat in the same manner with grated cheese and bread crumbs dotted with butter. Continue until cauliflower is used up. Cover top with crumbs dotted with butter. Bake until brown on top. Serve with any cream sauce.

## STEAMED CELERY

Wash, scrape and cut fine celery stalks. Steam until tender (twenty minutes). Serve with butter.

## STEAMED CELERY

Celery.	2 green peppers.
1 onion.	Butter.

Cut celery, onion and green peppers into small pieces. Mix all together and steam until tender. Melt butter over this. Serve.

## CELERY ROOT

Scrape and steam until tender. Serve with onions (browned in the oven) and tomato sauce.

## CREAMED CELERY

- |                        |                          |
|------------------------|--------------------------|
| 1 entire bunch celery. | 1 tablespoon whole wheat |
| 2 tablespoons cream.   | flour.                   |
| Celery salt to taste.  | 1 tablespoon butter.     |

Cut entire stalk of celery into small pieces. Steam until tender. Make a cream sauce by mixing any juice left in steaming with the cream, butter and flour. Pour over celery and serve. (If desired, use any white sauce.)

## CORN ON COB

Clean corn and stand upright in container which fits into kettle of waterless cooker (Health Aluminum Ware), or cook in a Caryl Health Cooker for fifteen minutes or more. Serve on cob, or cut from cob, with butter and (if desired) celery salt.

## CREAMED CORN

- |       |                    |
|-------|--------------------|
| Corn. | 1 cup white sauce. |
|-------|--------------------|

Scrape corn from cob. Steam about ten minutes. Then mix with white sauce and serve well seasoned with celery salt and paprika.

## CORN SUCCOTASH

- |             |                         |
|-------------|-------------------------|
| Corn.       | Season with parsley and |
| Lima beans. | butter.                 |
|             | Butter.                 |

Scrape corn from the cob. Steam. Mix with lima beans which have been steamed. Simmer together for about ten minutes. Serve. (Wax beans may be used instead of lima beans, if preferred.)

## SCALLOPED CORN

- |                             |                        |
|-----------------------------|------------------------|
| Corn.                       | 1 cup whole wheat      |
| 1 tablespoon butter.        | bread crumbs.          |
| 1 green pepper or pimiento. | ½ small onion chopped. |
|                             | Seasoning.             |

Chop the corn or put it through the grinder with the onion and green pepper. Place in layers in a well-

buttered baking dish with the bread crumbs dotted with butter in between. Scatter bread crumbs over the top. Dot with butter and bake half an hour.

### CORN BAKED IN HUSKS

Sweet corn is much more delicious baked than boiled. Open husks just enough to clean out silk and any stray worms. Put husks back in place and bake until husks are brown. They will bake better if some of the outer husks are cut off first.

### CORN—SOUTHERN STYLE

Remove steamed corn from cob. Add two slightly beaten eggs, one and one-half tablespoonfuls melted butter and one pint milk. Place in a buttered casserole or baking dish. Bake in slow oven until firm.

### BAKED EGGPLANT

Wash the eggplant and wipe dry. Bake in a moderate oven as you would a potato. Mash and season with butter. Cottage cheese makes a splendid combination with this.

### EGGPLANT

Place the whole eggplant, without peeling or cutting, directly over a low flame. Cook until soft, turning it every ten or fifteen minutes. When done, remove and cut in half. Season with butter.

### BAKED EGGPLANT

Cut eggplant into three or four large pieces, leaving skin on. Bake in hot oven for twenty minutes—no longer. Take out, peel skin off and serve with butter.

### BAKED EGGPLANT DISHES

#### I

Bake a large eggplant with the skin on until tender. Peel and mash. Add a beaten egg. Butter a baking dish and put in a layer of eggplant. Then a layer of



whole wheat bread crumbs which have been toasted and rolled fine. Continue until ingredients are used. The top layer should be crumbs and grated cheese. Pour over all enough milk to moisten well. Bake until brown.

## 2

Bake one large eggplant until tender (place on the grate). Peel off the outer skin. Cut into slices about one inch thick. Place in a baking dish alternate layers of sliced eggplant and slices of raw tomato or cooked. Season with chopped onion and green pepper, sprinkled over each layer of tomato. Dot with butter or two tablespoonfuls of oil. Bake twenty to thirty minutes. Serve from the baking dish. (Use a casserole.)

## 3

Place one large or two small eggplants in the oven until tender. Then peel. Cut fine one good-sized onion and two sticks of celery. Cook slowly in very little water until tender, adding a tablespoon of salad oil. Drain and put in chopping bowl with baked eggplant. Mix well. Add a cup or a cup and a half of whole wheat bread or cracker crumbs. (An egg may also be beaten in, but is not necessary.) Bake in casserole about thirty minutes or until browned. One may add nuts or even steamed beans or peas and get a splendid dish.

## BAKED EGGPLANT AU GRATIN

Slice and butter the eggplant. Place it in layers in baking dish. Sprinkle cheese between layers. Over all pour a thick tomato sauce. Sprinkle cheese over the top.

## EGGPLANT AND CHEESE A LA PARMEGGIENE

Eggplant.

Cheese (Parmesan).

Tomato sauce.



Cut eggplant in slices. Steam. Then place in a large baking dish. Cover with a thick tomato sauce. Sprinkle Parmesan cheese over the whole and let it melt or warm lightly in a hot oven. Serve immediately.

#### EGGPLANT AND RICE

2 cups steamed brown rice.	2 cups diced eggplant.
Grated cheese.	1 onion.
Butter.	Celery salt.

Dice and steam eggplant. Chop onion fine and brown in butter. Mix with rice and browned onion. Season with melted butter, celery salt and use enough of the juice left from eggplant to moisten well. Turn into a baking dish. Sprinkle grated cheese thickly over top. Bake until brown.

#### SCALLOPED EGGPLANT

Pare eggplant. Cut into small cubes. Steam until tender. Brown two tablespoonfuls butter with half a finely chopped onion. Add to this minced parsley and eggplant. Mix. Place in a baking dish or casserole. Cover with bread crumbs dotted with butter. Bake until crumbs are brown.

#### EGGPLANT—STUFFED

##### 1

Steam or bake for fifteen minutes. Remove from fire. Cut slice from top. With a spoon scoop out pulp. Be careful to leave a solid shell. Chop pulp. Add one cup of stale whole wheat bread crumbs, two tablespoonfuls melted butter, one-half tablespoon finely chopped onion. Cook five minutes. Cool slightly. Add one beaten egg (may omit). Refill egg plant. Cover with bread crumbs dotted with butter. Bake in hot oven for twenty-five minutes. May be served with a sauce.

##### 2

One eggplant weighing about a pound, one egg. Simmer in butter one-half small onion, one stalk finely

cut celery and one tablespoon green pepper, three slices whole wheat bread, diced or ground into crumbs, slightly moistened with water in which eggplant was cooked. Cook eggplant whole and cut lengthwise, taking out center without breaking the skin. Mix with egg, bread crumbs, celery, pepper and onions. Refill the skin and bake in a moderate oven one-half hour, with a little water in the pan. If one does not wish to use the skin, the same mixture may be put into a baking dish and baked.

### LENTILS

Soak lentils overnight. Drain. Brown two finely cut onions in olive oil, vegetable oil or butter. Add the lentils and cook until the oil or butter is absorbed. Cover with water and cook until tender, or steam. Season to taste with chilis and tomatoes or as desired.

### POTATO—MUSHROOM STEW

(Sufficient for two adults)

4 large potatoes.	2 eggs.
2 onions.	4 carrots.
$\frac{1}{4}$ pound butter or $\frac{1}{2}$ cup of oil.	1 ounce of dried mush- rooms (imported).
1 bay leaf.	

Peel and clean onions, slice. Put in stewing pot with butter or oil. Cover. Steam until light brown. Drop in eggs. Cover. Let steam until film has formed over egg yolks. Dice scraped, cleaned potatoes and carrots. Wash mushrooms thoroughly, then soak them in one pint of boiled water (hot). Add potatoes, carrots and mushrooms together with bay leaf, onions and potatoes (all of which should be ready to add when film has formed over egg yolks). Then pour over all the hot water in which the mushrooms were soaked. Stew about forty minutes. This dish is very good during new potato season.

## STEWED MUSHROOMS ON TOAST

Brush one-half pound mushrooms. Remove stems. Scrape and cut up. Peel caps and break in pieces. Stew about two minutes in three tablespoonfuls of melted butter. Dredge with whole wheat flour. Add about three-fourths cup of cream. Stew slowly for five minutes. Add a bit of grated nutmeg. Pour over buttered toast. Garnish with parsley.

## BAKED MUSHROOMS IN CREAM

Wash mushrooms. Remove stems. Peel caps. Place in shallow buttered baking dish, caps up. Dot with butter. Add two-thirds cup of cream. Bake in hot oven for ten minutes. Place on dried toast. Pour whatever cream is left in pan over the portions.

## CREOLE OKRA

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 cup okra (cut up).        | $\frac{1}{2}$ cup tomatoes. |
| 1 onion.                    | Seasoning.                  |
| 1 green pepper or pimiento. | Butter.                     |

Chop the onion and brown it in the butter. Remove the seeds from the pepper. Cut it in small pieces. Add it to the onion and butter. Then add the tomatoes. Season.

In the meantime slice and steam the okra. Add it to the other ingredients. Simmer fifteen minutes. Season to taste and sprinkle with minced parsley.

Okra may be creamed or stewed with corn or tomatoes or it may be used as a thickening in vegetable soups.

## STEAMED ONIONS

## 1

Remove outer skins (while under water). Drain. Steam until tender. Drain and add a small quantity of milk. Cook five minutes. Season with butter.

## 2

Remove skins. Steam and season with butter and celery salt. Serve.

## CREAMED ONIONS

Serve steamed onions with a cream sauce to which has been added any juice formed in steaming.

## BAKED ONIONS ON TOAST

10 or 12 large onions.	2 teaspoons honey.
1 tablespoon butter.	Toast.
Celery salt.	Minced parsley.

Paprika.

Peel onions. Cut in halves crosswise. Put in buttered casserole. Add butter, celery salt and honey. Bake until tender (about an hour and a half) in moderate oven. Serve on buttered toast that has been cut in triangles or strips. Pour gravy or juice formed in casserole over all. Garnish with minced parsley.

## LEEKS ON TOAST

Wash and trim leeks. Steam until tender. Drain. Place on buttered toast and pour melted butter over this.

## SCALLOPED ONIONS

Cut steamed onions in quarters. Put in a buttered baking dish. Cover with tomato sauce or with cream sauce. Sprinkle with buttered whole wheat cracker crumbs or with whole wheat bread crumbs dotted with butter. Place on grate in oven to brown crumbs.

## BAKED ONIONS IN JACKETS

Bake onions same as potatoes until tender. Remove outer skins and serve hot with butter.

## BAKED ONIONS

Cook onions until soft, then use the water they were cooked in to make a white sauce, using butter and whole wheat flour. Put onions into a buttered baking dish, then a layer of white sauce. Repeat until full. Then, over the top layer, put whole wheat bread crumbs which have been browned in butter. Bake one-half hour.

## OYSTER PLANT—STEAMED

- |                       |  |
|-----------------------|--|
| 1 bunch oyster plant. | 1    teaspoon chopped parsley.         |
| Juice of 1 lemon.     | $\frac{1}{2}$ teaspoon chopped olives. |
| 3 tablespoons butter. | Celery salt.                           |

Paprika.

Wash and scrape oyster plant. Put at once into cold water with the lemon juice. Let stand ten minutes. Cut crosswise in one-inch slices. Steam until tender. Add three tablespoons butter. Reheat and sprinkle with parsley, celery salt and paprika. Serve.

## BAKED OYSTER PLANT (SALSIFY)

- |                           |                                 |
|---------------------------|---------------------------------|
| 1 bunch oyster plant.     | 1    tablespoon chopped chives. |
| $\frac{3}{4}$ pints milk. | 1    teaspoon celery salt.      |
| 3    tablespoons butter.  | $\frac{1}{2}$ teaspoon paprika. |
- 1 or 2 eggs.

Scrub oyster plant. Steam until tender. Put in cold water. Drain. Remove skins. Cube or cut fine. Place in a buttered casserole in layers, sprinkling each layer with seasonings and dots of butter. Over all, pour the milk after it is combined with slightly beaten eggs. Bake until set in a very moderate or slow oven (325° F.).

## SALSIFY OR OYSTER PLANT BAKED

Steam first. Then place alternate layers of salsify and bread crumbs dotted with butter in baking dish until filled. Over this pour milk with two eggs beaten into it. Dot with butter. Bake.

Salsify is good baked with layers of salsify, bread crumbs and grated cheese in turn until the dish is filled. Dot with butter. Cover with milk. Top layer grated cheese. Bake half an hour. (Salsify should be steamed before using in the baked dish.)

## PARSNIPS

I

Scrub, wipe and cube parsnips. Steam until tender. Serve with butter and minced parsley.

## 2

Steam parsnips until tender. Slice and brown in butter and pure maple sugar or honey.

## PARSNIPS AND PEAS

(See *Peas and Parsnips*, page 268.)

## BAKED PARSNIPS

Peel about six medium-sized parsnips. Steam for about ten or fifteen minutes. Remove and slice. Place a layer of sliced parsnips in a pyrex baking dish, then a layer of whole wheat bread crumbs dotted with butter. Repeat until ingredients are used. Over this, pour a cup of soup stock or a cup of milk. Bake until brown.

## BAKED PARSNIPS DELICIOUS

Steam six parsnips until tender. Mash. Season with minced parsley. Add one-half cup cream, one-eighth pound melted butter, whites of two eggs beaten lightly, one-half cup whole wheat rolled cracker dust. Bake in buttered dish until brown. Serve with tomato sauce.

## PARSNIPS, OH-SO-GOOD

Steam parsnips. Cut in quarters lengthwise. Dip in egg and whole wheat bread crumbs. Brown in the oven. Serve. (Egg may be omitted. Then dip in milk and in crumbs.)

## PARSNIPS AND POTATOES—BAKED

Scrape or peel three medium-sized parsnips. Slice about one inch thick. Wash six small new potatoes and cut in halves or quarters. Place a layer of parsnips in a baking dish, then a layer of potatoes. Alternate until ingredients are used. Dot butter between layers. Add one-half cup of water. Add one tablespoon of oil and three sprays of parsley, minced. Bake in a moderate oven.



## SCALLOPED PARSNIPS

Scrub parsnips. Grate or cut into thin slices. Fill baking dish. Cover top with whole wheat bread crumbs. Dot with butter and sprinkle with celery salt and honey, if desired. Bake in a slow oven until parsnips are tender and crumbs brown. Lemon juice seasoning may be used, if desired.

## PEAS—STEAMED

Remove from pods. Let stand in cold water for thirty minutes. Skim off what rises to top. Drain. Steam until tender, perhaps twenty minutes. Season with butter or serve with a suitable sauce.

## PEAS AND PARSNIPS

Cube parsnips. Steam with an equal amount of fresh peas. Serve with butter.

## PEAS AND LETTUCE

Put one pint shelled peas in a casserole with two hearts of lettuce, a piece of butter the size of an egg, one small peeled onion, two tablespoonfuls of water, a pinch of celery salt and a little honey. Cook on a slow fire three-quarters of an hour, and add a tablespoon of cream just before serving.

## PEAS AND NEW POTATOES

Scrub potatoes but do not peel. Shell peas. Steam together until tender. Serve with butter or with cream sauce and minced parsley.

## CARROTS AND PEAS

(Steamed or Baked)

- |                                       |   |
|---------------------------------------|---|
| 1 bunch carrots.                      | 2 pounds of green peas.                                     |
| 3 tablespoonfuls of butter<br>or oil. | 1 heaping tablespoon garvanza<br>meal or whole wheat flour. |

Wash and dice carrots. Place in a steam kettle or baking dish and steam or bake for one hour. Half an

hour before removing from stove, add the peas, garvanza meal, and the butter or oil.

### CARROTS AND PEAS—STEAMED

Wash, scrape and cut in cubes one bunch of carrots or less. Steam until tender. Add an equal quantity of peas which have been steamed. Serve with butter.

### PARISIAN PEAS

Peas.	1 tablespoon butter.
1 small onion.	Seasoning.

Chop the onion very fine and brown it in the butter. Pour the peas which have been steamed into the same saucepan and let all cook together about ten minutes. Season. Add a teaspoon of honey, if desired. Serve.

### CREAMED PEAS WITH CARROTS

1 cup cubed carrots.	1 cup white sauce.
1 cup peas.	Seasoning.

Steam the carrots and mix with the peas which have also been steamed. Make a white sauce, adding any juice from the vegetables. Pour over the peas and carrots. Serve.

### NEW POTATOES STEAMED

Steam small new potatoes from fifteen to twenty minutes. Melt butter over them. Sprinkle with minced parsley. Serve hot.

Steamed peas may be mixed with small new potatoes, served with melted butter and sprinkled with parsley.

### CREAMED POTATOES

Steam small new potatoes in coats. Peel while hot. Pour over hot milk thickened with garvanza meal or with whole wheat flour. Add butter. Sprinkle with minced parsley. Let heat for a few minutes. Serve hot.



## MASHED POTATOES

Scrape or pare very thin. Cut in small pieces and steam. Mash in their own juice and season with butter or cream. This is a change from baked potatoes and conserves most of the mineral.

## AN APPLE AND POTATO DISH

(A German Dish—May be Baked or Steamed)

Peel and cut into eighths four medium-sized potatoes. Core and cut into quarters three large cooking apples. Steam together until tender (twenty minutes to half an hour). Add one tablespoon of honey and a touch of cinnamon. When tender, add a good-sized lump of butter and mash fine. Use new potatoes if in season.

## BAKED POTATOES IN JACKETS

Select potatoes of uniform size. Scrub well and dry. Brush with vegetable oil. The skins will then be tender and edible. Cut off tip ends. Bake in a moderately hot oven until tender. Serve with butter.

## BAKED SLICED POTATOES

Take whole potatoes and clean thoroughly. Then slice and spread pieces out flat in a wide open pan and place in the oven. Bake until the pieces are brown on one side; then turn them over and brown on the other side. Care should be taken not to get the slices too thin, or they will stick to the pan.

## POTATOES—HAIN STYLE

- |                             |                            |
|-----------------------------|----------------------------|
| 5 large potatoes.           | 5 or 6 onions.             |
| 3 sprigs of minced parsley. | 4 tablespoonfuls olive oil |
| 2 tablespoonfuls butter.    | or Wesson oil.             |
| 2 cloves of mashed garlic.  |                            |

Cut up the potatoes and onions. Mix all the ingredients. Heat the oil in baking dish before putting in the ingredients. Sprinkle bread crumbs over the top. Dot with butter and bake until brown.

### BAKED POTATO DISH

Slice raw potatoes. Place a layer in a baking dish. Dot with butter. Sprinkle well with minced onion and minced parsley. Add another layer of sliced potatoes. Sprinkle with minced onion and parsley. Dot with butter. Continue this until the dish is filled. Add enough water to cover bottom of pan. Dot top with butter. Cover. Let bake slowly until potatoes are tender. Remove cover and brown.

### POTATOES AU GRATIN

In a baking dish place a layer of potatoes that have been steamed and diced. Over this sift thickly grated cheese. Dot with butter. Repeat until baking dish is almost filled. Place a layer of whole wheat bread crumbs dotted with butter over the top. Pour milk over to just cover. Bake half an hour. Let brown. (New potatoes are good this way.)

### STUFFED POTATOES

Bake even-sized potatoes. Cut in half lengthwise. Scoop out inside. Mash with butter, finely minced onion and grated cheese. Beat very well. Replace in shells. Sprinkle tops with cheese and a dot of butter. Brown in oven. Just before serving, sprinkle with minced parsley.

### BAKED POTATO A LA PARSLEY

Scoop the insides from baked Irish potatoes while hot. Mash and season with butter and minced parsley. Refill the potato skins, place in oven to heat thoroughly. Serve with a bit of butter on each potato half. Instead of parsley, garlic may be used. Chopped walnuts may also be added to the filling.

## BAKED POTATO SUPREME

Scrub well and oil even-sized potatoes. Bake until done. Scoop out pulp. Mash fine. Mix with butter, minced parsley and cream. Refill shells. Place in oven to brown.

## BAKED STUFFED POTATO

Bake the potatoes in jackets. Cut in half lengthwise. Scoop out the inside and mix with turnip that has been steamed and mashed—replace the mixture in the skins and brown in oven.

## POTATO CAKES

Four good-sized potatoes steamed in the jackets. Peel and mash. Add sufficient whole wheat flour to be able to roll out and cut into round cakes about one-fourth inch thick and five inches in diameter. Bake a nice brown on both sides on a dry plate in a medium hot oven. When cold spread with cheese or with honey.

## POTATO PATTIES

4 cold steamed potatoes.                      1 egg.  
     $\frac{1}{2}$  cup milk.

Use enough whole wheat flour to make dough convenient to handle. Work this mixture out thoroughly on floured board and roll out to a half-inch thickness. Cut with biscuit cutter and bake from twenty-six to thirty minutes. May be eaten cold with jam or honey.

## BAKED SWEET POTATOES

(See *Baked Potatoes*)

## BROWNE SWEET POTATOES

Steam in jackets until nearly done. Cool and peel. Slice in quarters lengthwise. Dip in honey. Brown in oven in a pan of melted butter or mix melted butter with honey and brown potatoes in it.

**BAKED SWEET POTATOES—SOUTHERN STYLE**

Take five medium-sized potatoes, scrape or peel very thin; put in a pan with one cup water, two tablespoons honey and one generous tablespoon butter. Cook on top of stove until tender. Then put in oven and bake until potatoes are slightly brown and the water, honey and butter have formed a syrup.

**SOUTHERN SWEETS—CANDIED SWEET POTATOES**

Steam four medium-sized sweet potatoes until tender. Place in a saucepan a tablespoon of honey, a lump of butter and one-half cup water. Cook for a few seconds. Peel potatoes and cut in halves. Place in flat baking pan. Bake until brown in a hot oven.

**CANDIED SWEET POTATOES**

Sweet potato.	1 tablespoon butter.
1 cup brown sugar or honey.	Celery salt.

Steam the potatoes. Slice them lengthwise and place in a buttered baking dish. Dot potatoes with butter. Sprinkle sugar or honey over them and a dash of celery salt. Add a few teaspoons of hot water. Cover the dish. Bake slowly until the syrup begins to candy. Then remove cover and brown the potatoes.

**BAKED YAMS**

Parboil yams for about twenty minutes or more until almost tender. Then peel and cut in halves. Put about two tablespoons of water and one tablespoon of oil in a flat baking dish. Place cut yams in this. Drip at least one tablespoon of honey over the yams. Bake fifteen minutes in hot oven or until brown.

**SWEET POTATO AND NUT SCRAPPLE**

Two cups mashed sweet potatoes, mixed while hot with one cup finely chopped or ground nut meats. One beaten egg, two tablespoons melted butter, seasoning

to taste. Press into a square tin. When cold cut into half-inch slices. Dip in beaten egg and bread crumbs and brown in the oven.

### SWEET POTATO PUDDING (See *Pies*, page 394)

### A BAKED PEPPER DISH

In a buttered casserole place the following mixture: About five or six peppers that have been washed, cut up and steamed about ten minutes; one onion chopped fine, one cup steamed peas or carrots or lima beans, one cup finely cut celery, three tomatoes diced, three or four tablespoons grated cheese; three tablespoons melted butter. Mix well. Pour water over the top. Sprinkle thickly with whole wheat bread crumbs. Dot with butter. Bake.

### BAKED GREEN PEPPER AND CORN DISH

2 cups fresh corn.	1 green pepper.
2 tablespoons honey.	1 pimiento.
1 teaspoon celery salt.	1 cup whole wheat bread crumbs.
Paprika.	
½ cup milk.	1 tablespoon butter.

Chop fine, pimiento and green pepper. Mix with corn, honey and paprika. Butter ramekins, and place layer of corn mixture, then layer of crumbs, alternating until ramekins are filled. Top layer is crumbs. Dot well with butter. Bake half an hour in a moderate oven.

### STUFFED PEPPERS

#### I

Six large bell peppers, one small cup of steamed unpolished rice, one minced raw onion, one onion, minced and heated in butter or oil with chopped parsley and clove of garlic, a pinch of both sage and thyme.

Cut off tops of peppers, clean out seeds and fill with the ingredients given, mixed well together. Place

in stewpot and pour over them tomato sauce, blended with one tablespoon of olive oil. Cook until done.

## 2

- |   |                             |
|---|-----------------------------|
| 1 cup of ripe olives, seeded and chopped. | 1 cup grated cheese.        |
| 2 cups whole wheat bread crumbs.          | 1 cup milk.                 |
|   | 1 egg.                      |
|   | 1 small onion chopped fine. |

Cut off tops of medium-sized bell peppers and remove seeds. Fill with the above mixture. Place a small piece of butter on the top of each pepper. Bake slowly three quarters of an hour in an oiled baking dish.

## 3

- |                         |  |
|-------------------------|--|
| 6 green peppers.        | 4 tablespoons chopped mushrooms.                 |
| 2 tablespoons butter.   |  |
| 1/3 cup tomato sauce.   | 3 tablespoons buttered whole wheat bread crumbs. |
| 1 onion finely chopped. |  |

Cut slice from top end of peppers. Remove seeds. Steam (parboil) 15 minutes. Steam onions in butter for about three minutes. Add mushrooms. Leave on stove about five minutes longer. Then add tomato sauce and bread crumbs. Cool. Then fill the peppers with the mixture. Cover with buttered bread crumbs and bake ten minutes. Serve on toast with tomato sauce.

## GREEN PEPPERS WITH TOMATO STUFFING

- |                                       |                           |
|---------------------------------------|---------------------------|
| 2 cups chopped fresh tomatoes.        | 1 finely chopped onion.   |
| 1 cup dry whole wheat cracker crumbs. | 3/4 teaspoon celery salt. |
|                                       | 1/8 teaspoon paprika.     |
|                                       | 6 green peppers.          |
| 1 teaspoon minced parsley.            |                           |

Remove slice from stem end of green peppers. Remove seeds and core. Let peppers stand in barley water for five minutes and then drain. Combine tomatoes, bread crumbs, onion and all ingredients named, and fill peppers. Place in buttered baking dish with a little hot water and bake in moderate oven for ten



minutes. Then drop a little vegetable oil over each pepper and continue baking for twenty minutes more. Serve with tomato sauce.

#### PEPPERS STUFFED WITH MUSHROOMS AND PEAS

2 cups mushrooms.	$\frac{1}{4}$ teaspoon celery salt.
2 tablespoons butter.	$\frac{1}{4}$ cup cream.
$2\frac{1}{2}$ cups shelled peas.	$\frac{1}{2}$ cup of buttered whole
Large green, sweet pepper.	wheat bread crumbs.

Cut slice from stem end of each green pepper. Remove seeds and core. Cover the peppers with boiling water. Let stand five minutes and drain. Wash, steam and slice mushrooms before measuring. Saute them in the butter for three minutes. Steam the peas until nearly tender. Combine with the mushrooms, celery salt and cream. Fill the peppers with this mixture. Over the top sprinkle the buttered crumbs. Place in a baking dish with a little hot water in the bottom of it. Bake about half an hour in a medium oven. Baste occasionally.

#### STUFFED PEPPER

Parboil two green peppers in a little water, saving water left when peppers are done. Simmer in butter one-quarter finely cut medium-sized onion and two large stalks of celery. Score three ears of fresh sweet corn to get inside of kernels. Add this to the onion and celery. Then cook until thick. Fill peppers with corn and bake one-half hour in a moderate oven. When brown sprinkle with paprika and finely cut parsley before serving.

#### SPINACH

Wash thoroughly and put to cook with just what water clings to the leaves. The juice will draw immediately and it will cook very tender. Then there is no problem as to what to do with the juice for it will be just moist enough to serve.



## STEAMED SPINACH

Wash carefully in several waters. Steam or cook in waterless cooker for about fifteen minutes. Season with celery salt and butter. Serve. Steamed spinach may be chopped fine and served with finely chopped onions and mayonnaise.

## SPINACH

Wash spinach thoroughly and steam. Chop fine. Season with celery salt. Put two hard-cooked eggs through potato ricer. Add to spinach and reheat with one tablespoon butter. Add two tablespoons lemon juice. Serve with Hollandaise horseradish sauce.

## STEAMED SPINACH

Spinach.	1 tablespoon lemon juice.
1 tablespoon butter.	Seasoning.

Steam the spinach. Empty it into a chopping bowl. Chop fine. Reheat, adding the butter, lemon juice and seasoning.

## SPINACH A LA CREME

Spinach.	Dandelion greens.
Swiss chard or lettuce.	

Wash very thoroughly. Steam. Chop, if using spinach or dandelion greens, or break with fork if using lettuce or Swiss chard. Season with celery salt and paprika. Add a tablespoon of butter and two tablespoonfuls cream. Serve hot.

## SPINACH AND POACHED EGG ON TOAST

Wash spinach thoroughly through many waters. Steam fifteen or twenty minutes. Chop well. Add butter and heat. Serve on buttered whole wheat toast and place a poached egg over each serving.

## CREAMED SPINACH ON TOAST

Wash well, steam and chop spinach. Add one cup of top milk or cream, one-half cup whole wheat bread crumbs, butter and a little honey. Heat thoroughly. Serve on buttered whole wheat toast.

## BAKED SPINACH

Wash spinach very well through several waters to be sure no sand is left. Steam ten minutes. Chop. Add plenty of butter and two or three hard-cooked eggs, chopped fine. Season. Bake in a well buttered dish in a moderate oven from fifteen to twenty minutes.

## SCALLOPED SPINACH

Wash spinach well. Chop. In a buttered casserole place a layer of whole wheat bread crumbs. Dot with butter, a layer of spinach and over this a layer of cut-up tomatoes. Continue to place layers of crumbs, spinach and tomatoes until ingredients are used up. Have top layer bread crumbs. Dot with butter. Bake until brown.

## SUMMER SQUASH—STEAMED

Scrub well. Cut up and steam until tender. Put through ricer. Season with butter and celery salt. Serve.

## SUMMER SQUASH SIMPLICITY

To one large summer squash add one large onion, sliced. Steam until tender. Mash and season with a little butter.

## STEAMED HUBBARD OR BANANA SQUASH

Cut in pieces. Remove seeds and strings. Pare. Steam for twenty minutes or until tender. If desired, mash and flavor with butter. If not sweet, add a bit of honey.

### SUMMER SQUASH

Slice the squash the round way. Dip the slices in beaten egg and then in whole wheat or cracker crumbs. Place on a buttered pan and bake underneath the broiler flame until brown and tender, turning once.

### STUFFED SUMMER SQUASH

Scrub well. Scoop out centers. Mix with tomato and green pepper cut up. Refill and bake until tender. Serve from platter garnished with sprigs of parsley.

### BAKED SUMMER SQUASH AND PIMIENTOS AU GRATIN

Steam two medium-sized squash (not too tender) and slice. Make a cream sauce of two tablespoons butter, one large tablespoon whole wheat flour or garvanza meal and one and one-half cups of milk. Place a layer of squash in a buttered baking dish, sprinkle with cut-up pimientos and grated cheese, pour over this some of the cream sauce. Continue until ingredients are used. Sprinkle top with whole wheat bread crumbs and grated cheese, and bake.

### SUMMER SQUASH BAKED

Wash well and cut into dice. Steam until tender. Quarter and steam from four to six onions (depending upon size). Place a layer of squash in bottom of buttered baking dish, then a layer of onions. Alternate layers until ingredients are used. Over all pour a good tomato sauce or a rich white sauce. Over the top sprinkle a thick layer of grated cheese. Brown in a hot oven.

### ZUCCHINI SQUASH

Cook onions until a bit soft. Then add squash unpeeled but cut into dice and two tablespoons of barley. Cook a while longer and add the tomatoes cut into small pieces, parsley, olive oil and butter. Let simmer for one and one-half hours.

### BAKED OR STEWED ZUCCHINIS—HAIN STYLE (Italian Squash)

2 cloves of mashed garlic.	2 green peppers.
3 onions.	3 tablespoons olive or
8 or 10 tomatoes.	Wesson oil.
2 tablespoons of butter.	4 pieces of celery and
4 medium-size zucchinis.	celery tops.
4 sprigs of parsley, minced.	

Cube or slice ingredients. Put in covered kettle or baking dish. Stew or bake for forty-five minutes.

### BAKED HUBBARD OR BANANA SQUASH

Cut in pieces of desired size. Remove seeds and stringy part. Place in oven. Bake about one hour or until soft in a moderate oven. If in a container one may place a half teaspoon butter on each piece. If it requires more sweetness, a bit of honey may be dripped over the pieces. Serve in shell.

### BAKED SQUASH

Halve a banana or Hubbard squash and bake in a moderate oven, skin portion down. Mash, season with butter and serve with cottage cheese.

### BAKED SUMMER SQUASH

Wash, but do not peel. Cut into baking dish. Season with onion, parsley and butter. Bake in a moderate oven.

### ESCALLOPED SQUASH

Peel squash. Cut in small pieces. Place a layer in a baking dish. Dot with butter. Place another layer. Dot with butter. Repeat until ingredients are used up. Cover with sweet milk. Sprinkle bread crumbs over top. Dot with butter. Bake in moderate oven.

The above may be prepared by using alternate layers of squash, sliced tomatoes and onions, with dots

of butter over the squash and with minced parsley sprinkled over the tomatoes and onions, and with bread crumbs dotted with butter over the top. Pour a cup of vegetable stock over all and bake. Serve "as is" or with tomato sauce.

### TO SKIN TOMATOES

Cover with boiling water. Let stand about one minute. Skins come off easily; or, bring sharp end of paring knife down over entire surface of tomato. It will then peel easily.

### STEWED TOMATOES

1

Wash and cut in pieces. Place in cooker. Steam slowly for twenty minutes. Season with butter.

2

Take eight or ten tomatoes or more. Cut into pieces. Steam with a tablespoon of water, some cut-up green pepper, a tablespoon of minced onion and a bit of parsley. After it has steamed or stewed for half an hour, add a cup of whole wheat bread crumbs or diced toast. Serve at once.

3

6 or 8 tomatoes.

1 tablespoon butter.

1 teaspoon honey.

Chopped onion.

1 tablespoon whole wheat  
bread crumbs.

Celery salt.

Paprika.

Cut the tomatoes up into small pieces. Cook gently about fifteen minutes. Then add the chopped onion, honey, butter, celery salt and paprika. Cook about fifteen minutes longer. Stir in the whole wheat bread crumbs. Serve immediately.

### TOMATOES WITH CORN

Steam tomatoes thirty minutes. Then add half as much green corn cut from the ear. Steam slowly for about thirty minutes. Serve with butter, if desired.

## TOMATOES STEAMED WITH GREEN PEPPERS

2 tomatoes (cut up).	2 or 3 green peppers
1 large onion (chopped fine).	(chopped fine).
Lump of butter.	Celery salt.

Steam tomatoes, onion and peppers for about half an hour. Season with butter and celery salt. If desired, serve with cream sauce on or without buttered toast.

## TOMATOES AND SOUR CREAM ON TOAST

Cut six tomatoes in half across, season with celery salt and paprika and dredge with whole wheat flour. Have ready, in a saucepan, one onion chopped and browned, either in butter or oil, as you prefer. Add the tomatoes to the onion, and a little more butter, if necessary. Cook until the tomatoes are tender, but do not let them cook to pieces. Thicken the liquid in the pan with a little flour and add one cup of sour cream. Let this come just to a boil, and serve the tomatoes and this sauce on toast.

## SCALLOPED TOMATOES

6 or 8 tomatoes.	Butter.
2 cups whole wheat bread crumbs.	Celery salt.
	Paprika.
$\frac{1}{4}$ onion (grated).	1 teaspoon honey.

Arrange a layer of tomatoes sprinkled with onion and seasoning; then a layer of whole wheat bread crumbs dotted with butter. Continue layers until ingredients are used up. Let the top layer be of crumbs dotted with butter. Bake half an hour.

## ESCALLOPED TOMATOES AND GREEN PEPPERS

4 ripe tomatoes.	1 package cream cheese.
4 green peppers.	$\frac{1}{4}$ pound butter.
2 cups milk.	$\frac{1}{2}$ teaspoon celery salt.
$\frac{1}{2}$ cup whole wheat cracker crumbs.	



Peel the tomatoes and cut them in fourth-inch slices. Wash peppers. Remove stems and seeds. Cut them in crosswise slices one-eighth inch thick. Butter a baking dish. Arrange a layer of sliced tomatoes on bottom, then a layer of green peppers. Sprinkle with celery salt, then crumbled cream cheese and, over this, a layer of whole wheat cracker crumbs. Over the top dot butter. Pour milk over all. Bake for over half an hour until vegetables are tender. (Serves six.)

#### TOMATOES, CORN, GREEN PEPPERS—BAKED

6 or 8 tomatoes.	1 sliced onion.
6 ears corn.	Celery salt.
2 green peppers.	Paprika.
1 tablespoon milk.	2 tablespoons grated cheese.

Whole wheat bread crumbs.

Remove seeds from peppers and chop them coarsely. Cook tomatoes about twenty minutes. Then add corn scraped from cobs, peppers, sliced onion, butter and seasoning. Simmer fifteen minutes. Then place in a buttered baking dish. Sprinkle with buttered bread crumbs and grated cheese. Bake until top browns nicely.

#### TOMATOES AND RICE BAKED

Put alternate layers of half-steamed rice and sliced tomatoes in a baking dish and cover with strained tomato pulp. Season with celery salt and cover top with toasted whole wheat bread crumbs. Dot with butter. Bake about one-half hour.

#### TOMATOES AND RICE AU GRATIN

6 or 8 tomatoes.	1 tablespoon whole wheat
1 cup rice (unpolished).	flour.
2 tablespoons grated cheese.	Celery salt.
1 tablespoon butter.	Paprika.

Steam rice. Melt the butter and blend with the flour. Cook the tomatoes about ten minutes. Run through a sieve and add to butter and flour. Season



to taste with paprika and celery salt. Place the rice in layers in baking dish with tomato sauce and grated cheese between each layer. Bake in hot oven fifteen minutes.

#### BAKED BEANS WITH TOMATOES

1 cup navy beans (steamed     6 or 8 tomatoes (cut up).  
or baked).     1 onion (chopped fine).

Arrange beans and tomatoes in baking dish in layers. Sprinkle chopped onions over each tomato layer. Bake in a moderate oven for half an hour.

#### BAKED TOMATOES—STUFFED

Remove pulp from six medium-sized tomatoes. Drain off most of the juice. Add an equal amount of whole wheat bread crumbs. Season with celery salt, paprika, some finely chopped green pepper or onion. Refill tomatoes. Place in buttered pan. Sprinkle tops with buttered bread crumbs. Bake twenty minutes in a hot oven. This filling may be varied by adding one cup of ground walnuts and a full tablespoon of peanut or almond butter previously thinned with a little water. Use only the seasonings preferred by you.

#### BAKED TOMATOES

Cut top from tomatoes and scoop out pulp. Season pulp with grated onions and parsley. Replace in shells of tomatoes, put tops back on, cover, and bake for twenty-five minutes, basting from time to time with any good salad oil. Arrange on a bed of watercress with cooked sliced beets. Use either lemon and honey dressing or mayonnaise.

#### STEWED TOMATOES AND CHEESE ON TOAST

6 or 8 tomatoes.      $\frac{1}{2}$  cup grated cheese.  
Seasoning.

Stew the tomatoes about twenty minutes. Season to taste. Then add the cheese. Simmer a minute or

two and serve on buttered toast, if desired. A poached egg served on top of this is very effective.

#### SAUTÉD TOMATOES AND MUSHROOMS ON TOAST

Wash three large green peppers. Remove stems and seeds. Cut in halves lengthwise. Then cut crosswise into narrow strips. Skin and slice four small onions. Combine peppers and onions. Sauté in four tablespoonfuls of butter for about ten minutes or until quite tender. Skin and slice fine, three-fourths of a pound of mushrooms. Skin four large tomatoes and cut in quarters. Add both to above mixture. Sprinkle with three-fourths teaspoon of celery salt and a dash of paprika. Continue to sauté for about a quarter of an hour until ingredients are tender. Serve on toast. (Enough for six.)

#### STEAMED TURNIPS

Wash and cube. Steam until tender. Serve with butter. If desired, put through ricer and serve with butter and a bit of honey.

#### MASHED TURNIPS

Steam the turnips. Then mash and add butter and seasoning.

#### CREAMED TURNIPS

1 bunch turnips.

1 cup white sauce.

Seasoning.

Steam the turnips. Cut them in dice or cubes and reheat with the white sauce or serve with a sauce made of milk and garvanza meal.

#### TURNIPS AU GRATIN

Steam the turnips. Cut in cubes. Place in a buttered baking dish. Pour the white sauce over it. Cover with whole wheat bread crumbs, dotted with butter. Bake brown.

## FILLED TURNIP CUPS

Steam even-sized turnips. Scoop out centers well. Fill with carrots and peas that have been steamed and buttered. Serve hot as a vegetable. The cups may be filled with turnips and peas mixed or with peas alone, or with steamed diced carrots that have been mixed with white sauce. Garnish with finely chopped parsley.

## TURNIPS AND CARROTS—STEAMED OR BAKED

Cube and steam an equal amount of carrots and turnips. Rice or mash and serve hot with butter.

## VEGETABLES FOR THE KIDDIES

A handful of spinach or chard leaves, one carrot and, occasionally, a beet. Put all through the grinder and steam until tender. Serve with a little butter.

## BAKED VEGETABLE COMBINATIONS

## 1

6 ears sweet corn.	$\frac{1}{2}$ dozen summer squash.
2 medium-sized onions.	4 tablespoons oil or butter.
1 pint milk.	

Slice onions fine, brown in butter or oil. Cut corn from cobs. Cut squash in small pieces. Mix these ingredients with browned onion. Put in a buttered baking dish or casserole and pour milk over. Bake for from three-quarters to one hour in a slow oven.

## 2

Use six small new potatoes. Wash thoroughly, leave skin on. Cut in halves and place a layer in bottom of casserole. Dot with butter. Put a layer of peas over this. Then a layer of sliced onions. Again dot with butter. Alternate ingredients in layers until all are used. Pour over this one-half cup of water and one tablespoon of oil. Bake in a moderate oven in a closed casserole. Baste occasionally.

## 3

Cube eggplant and parsnips. Remove corn from cob. Slice tomatoes and onions. Chop celery and pimiento. Brussels sprouts washed and cut up may be used, if desired.

Place a layer of eggplant in a buttered baking dish. Dot with butter. Then layers of each of the other ingredients dotted with butter. Bake in a casserole.

## 4

Slice and place in layers with dots of butter between each layer, the following vegetables:

Carrots, one sweet potato, four or five pieces of cauliflower, cut up, one large sliced onion, one-quarter head of sliced cabbage, one or two tomatoes. Add one-half cupful of water. Bake in a covered pyrex baking dish until tender. Then take cover off and let brown.

## 5

Use a casserole for this baked dish. Put oil or butter in dish. Over this place a layer of sliced cabbage, a layer of sliced onions, and a layer of raisins. Alternate. Over this pour a tomato dressing and bake. Baste.

## 6

(Serves Four)

$\frac{1}{2}$ pound string beans.	2 potatoes.
3 large carrots.	$\frac{1}{4}$ pound butter or $\frac{1}{2}$
3 onions.	cup oil.

4 stalks tender celery.

Wash and string the beans. Cut up into small pieces. Scrape carrots. Wash and dice. Peel onions; cut up into either small or large pieces. Scrape potatoes; wash and dice. Wash celery. Remove strings. Cut up into inch pieces. Butter or oil casserole and fill with vegetables. Bake slowly, covered until tender. Season. After first half hour, baste the vegetables.

Be sure and have oven hot before placing casserole or baking pan in the oven. Then reduce the temperature.

## 7

Cut up or cube carrots, sweet potato, raw corn scraped from cob, asparagus, spinach, or any combination of fresh vegetables pleasing to you.

Place in layers in a baking dish. Sprinkle with two cloves of garlic and some parsley which have been minced. Add about one-half cup of water. Steam over the fire for about five minutes or so until the steam has thoroughly penetrated the ingredients. Then remove and pour off the juice into a saucepan. To this add one tablespoon whole wheat flour that has been browned in butter. Stir until smooth. Pour this sauce over the vegetable dish. Bake.

## VEGETABLE GOULASH—STEAMED OR BAKED

1 large Spanish onion.

1 red cabbage.

1 sweet green pepper.

Olive oil.

Cut up ingredients. Place in saucepan or baking dish. Stew or bake. If stewed, do not permit it to become mushy, or if baked, add half a cup of water.

## VEGETABLE POTPOURRI

Six or eight okra pods, six or eight small onions, one small head cauliflower, six or eight medium-sized carrots. Quarter carrots lengthwise, leave okra whole, break cauliflower into buds. Cook all until tender in as little water as possible and dress with cream or butter. Other vegetables may be used in combination.

## VEGETABLE STEW

Dice or cut up three potatoes, three carrots, four medium-sized onions, one large or two small turnips, one green pepper. Add a clove of minced garlic, a cup of fresh green peas, four sprigs of minced parsley and two cupfuls of water. When this comes to a boil,

add a tablespoon of unpolished barley and four table-spoonfuls of olive or vegetable oil.

### ORIGINAL DISHES

Often the questions come up: "What vegetables shall I combine? How many vegetables is it healthful to combine? I have been told not to mix more than three different vegetables into one salad—what about it?"

For those who would feel easier had they a list of vegetable combinations given them, there will follow such a list. Make up your own dishes (baked, steamed or stewed) using these combinations.

Many may even prefer to prepare them in an uncooked way—all the better. Should you use them as salads you will find many appropriate dressings in the chapter on dressings, or, better still, create your own dressings to suit your own taste, being careful to use lemon in place of vinegar, and honey or pure maple syrup, etc., in place of sugar. Try to do without condiments as much as possible.

Here are a few combinations which may be used together steamed or baked, and which require about the same time to cook. See what interesting dishes you can prepare using these ingredients:

1. Spinach, sliced carrots, onions.
2. Carrots, turnips, green peas.
3. Cauliflower, celery, celery roots, cut fine.
4. Artichokes, onions.
5. Carrots, onions, sweet potatoes.
6. Brussels sprouts, potatoes.
7. Spinach, mustard greens, onions.
8. Celery, potatoes.
9. Oyster plant, cabbage, parsley.
10. Chard, carrots, onions.
11. Okra, green corn.



12. Beet tops, beets, onions.
13. Squash, potatoes.
14. Tomatoes, chopped celery.
15. String beans, cabbage, onions.
16. Turnips, chard.
17. Asparagus, celery.
18. Spinach, onions, tomatoes.
19. Pumpkin, string beans.
20. Cabbage, chestnuts.
21. Lima beans, kale, onions.
22. Spinach, parsnips, parsley, celery.
23. String beans, cauliflower.

In baking it will be necessary to add about one-half cup of water.

### CHOP SUEY

Brown two finely cut Spanish onions and a stalk of celery cut up in one-fourth pound butter. Add from six to eight tomatoes that have been peeled and cut up, and one cup water. Let stew very slowly for half an hour. Add one cup mushrooms cut up and one cup bean sprouts. Let stew for fifteen minutes longer. Serve with Soy bean sauce and rice on side.

### CHESTNUT CHOP SUEY

Four Spanish onions, four or five stalks of celery, and one dozen mushrooms, all cut up; two cupfuls bamboo shoots, eight or ten chestnuts sliced, one cup Chinese potatoes, cut up. Brown onions and celery in butter for about one-quarter of an hour. Put on to cook with water to cover. Add all the other ingredients. Serve with Soy bean sauce and rice on side.

### MUSHROOM CHOP SUEY

Wash all vegetables thoroughly. Cut in small pieces. Two cupfuls mushrooms, one pound bean sprouts, a dozen or so large chestnuts, one stalk celery,



one Spanish onion, half a green pepper. Steam together until tender. Stir in to this, slowly, two beaten eggs. Chinese sauce may be steamed with vegetables. Serve hot with Soy bean sauce and steamed rice on the side.

### CHESTNUTS

#### *About Chestnuts:*

1. Very starchy.
2. Large, imported chestnuts take less time for cooking. Dried chestnuts may be bought in the stores. It takes about three hours to cook them.
3. *To Shell*: Boil for ten minutes. Let stand in hot water. Remove the shell and skin while warm.
4. *To Shell*: Cut a gash on flat sides. Put in a saucepan one-half teaspoon butter to each cup of chestnuts. Shake over flame until butter melts. Put in oven and let stand five minutes. Now remove shells with paring knife. Skins will stick to shells so that both will come off at once.
5. *Steamed Chestnuts*: Remove shells. Steam for fifteen minutes. Serve "as is" or with apple sauce or with whipped cream.
6. *Chestnut Purée*: See under Soups, page 337.
7. *Chestnut Delicacy*: Cut steamed chestnuts in slices and mix slightly with bananas beaten to a pulp and a sweet cream dressing, if desired. Serve daintily.
8. *A Chestnut Dessert*: Steam and wash chestnuts. Add honey and milk. Heat. Serve with whipped cream.

### CHESTNUT CROQUETTES

I

- |                              |                   |
|------------------------------|-------------------|
| 1 cup mashed French chest-   | Yolks 2 eggs.     |
| nuts.                        | 1 teaspoon honey. |
| 2 tablespoonfuls thick cream | Seasoning.        |

Mix ingredients. Shape, dip in whole wheat bread crumbs, then in egg and in crumbs again. Bake.

2

1 quart ground chestnuts.	2 eggs.
4 tablespoonfuls butter.	Celery salt.
Lemon juice (to taste).	

Mix ingredients. Shape into croquettes and bake in oven until brown.

### CHESTNUT LOAVES

1

Boil two cupfuls chestnuts. Remove the shells. Put through grinder with any desired vegetables. Add a couple of well-beaten eggs, three or four tablespoonfuls butter, a little cream or milk and seasonings. Add enough whole wheat bread or cracker crumbs to get the proper consistency for a loaf. Shape into loaf and bake. Serve with a gravy.

2

Instead of vegetables, use one cup of any legumes, one cup nut meats, and seasonings of onion and parsley. Otherwise proceed as in Loaf 1.

### CHESTNUT SAUCE

$\frac{1}{2}$ pound shelled chestnuts.	Butter.
1 cup milk or cream.	Seasoning.

Drop in boiled water to blanch (if not already blanched). Cook in a little water until tender. Put through a sieve. Reheat, add milk or cream, butter and seasoning to taste. Let come to boil. Remove and serve.

### CHESTNUT SOUFFLE

$\frac{1}{4}$ cup brown sugar.	1 cup chestnut purée.
2 tablespoonfuls pastry flour.	$\frac{1}{2}$ cup milk.
	Whites 3 eggs.

Mix sugar and flour. Add chestnuts and milk, a little at a time. Cook, stirring constantly. Beat egg whites until stiff, cut and fold in. Bake in buttered individual molds in a pan of hot water in a slow oven until firm. Serve with cream sauce.

## OTTO'S CHESTNUT SOUP

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1 pound chestnuts.                  | 1 tablespoon whole wheat  |
| 4 cupfuls water.                    | flour.                    |
| 1 chopped onion.                    | 1 cup nut cream (1 table- |
| 1 tablespoon chopped parsley.       | spoon nut butter blended  |
| 6 stalks celery cut fine.           | with 1 cup water).        |
| $\frac{1}{2}$ teaspoon celery salt. |                           |

Boil chestnuts for ten minutes. Leave in the hot water. Shell and remove brown covers while warm. Cook chestnuts until tender. Then press through a colander, put back in the water in which chestnuts cooked. Add the remaining ingredients. Let simmer for twenty minutes.

Dried chestnuts must be soaked over night before using. Then, if put through the grinder, less time is required for cooking.

(For other chestnut recipes, see page 405.)

## CHAPTER X

### SAUCES AND GRAVIES

FOR VEGETABLES, LOAVES, ROASTS, ETC.

#### *About Sauces and Gravies:*

Use whole wheat pastry flour. About one tablespoon or less of whole wheat flour to one cup water, as a rule. Do not make sauces too thick.

Heat oil first in a saucepan (do not brown it). Add the flour and rub smooth. Lastly, add liquid. Bring sauce to boil. Remove from fire. Brown the flour before using it in gravies and sauces, to make it more digestible.

*To Brown the Flour:* Sift whole wheat flour in a flat pan. Place in a warm oven, stirring now and then until entirely dry. Then gradually turn heat higher and stir more frequently. Remove when dark brown. Keep in a covered jar and use when needed.

To give a pink tint to white sauce or to butter sauce, use rich red beet juice or suitable fruit juice.

Sauces served with vegetable loaves should be very hot.

#### WHITE SAUCE

White sauce is the base for many other sauces.

- |                                 |  |
|---------------------------------|--|
| 1 tablespoon butter or oil.     | Celery salt.   |
| 1 tablespoon whole wheat flour. | Paprika.   |
| 1 cup milk.                     | $\frac{1}{2}$ cup water or liquid from some steamed vegetable. |

Heat the butter first. Add the flour. Stir until smooth. Add the milk and other liquid. Simmer until the mixture thickens. Season and serve.

## VARIATIONS OF WHITE SAUCE

## TOMATO CREAM SAUCE

Cut up three or four tomatoes. Cook about ten minutes. Rub through a sieve and mix with a white sauce.

## PARSLEY SAUCE

Add finely chopped parsley to white sauce.

## BROWN SAUCE

Heat the oil or butter first. Add the flour and rub until smooth and brown. Then proceed as in White Sauce.

## VARIATIONS OF BROWN SAUCE

## TOMATO SAUCE

Instead of water or liquid used in the white sauce, use the juice of tomatoes.

## CREOLE SAUCE

Add two tablespoonfuls of chopped pimienta and green pepper to the tomato sauce.

## MUSHROOM SAUCE

Add one dozen small chopped mushrooms to the brown sauce and simmer about ten minutes.

## BROWN ONION SAUCE

Simmer chopped onion in oil before adding flour. Then proceed as in Brown Sauce.

## SAVORY SAUCE

Add a bit of leaf sage to brown sauce.

## WHITE SAUCE FOR CARROTS

1½ teaspoonfuls whole	2	tablespoonfuls softened
wheat flour.		butter.

1½ cupfuls rich milk.

Stir constantly until sauce thickens. Season with paprika, mace and celery salt.

## OTHER VARIATIONS OF WHITE OR CREAM SAUCE

### CREAM MINT SAUCE

Add chopped mint to white sauce.

### CREAM OF CELERY SAUCE

Add steamed celery to white sauce.

### CREAM OF ONION SAUCE

Simmer chopped onion in oil as in Brown Onion Sauce.

### GOLDEN SAUCE

Add steamed mashed carrots to white sauce.

### DRAWN BUTTER SAUCE

2 scant tablespoonfuls butter.	1 cup water or vegetable liquid.
1 tablespoon whole wheat flour.	Celery salt. Paprika.

Cook the butter and flour together. Add the liquid. Simmer until the mixture thickens. Season. Serve.

## VARIATIONS OF DRAWN BUTTER SAUCE

### HOLLANDAISE SAUCE

Add one well-beaten egg and one teaspoon of lemon juice to the drawn butter sauce.

### SAUCE FIGARO

Add two tablespoonfuls strained tomato pulp to the Hollandaise Sauce.

### BEARNAISE SAUCE

Add one tablespoon chopped parsley, grating of onion, well-beaten yolk of an egg and teaspoon of lemon juice to the drawn butter sauce.

### BROWNED MUSHROOM SAUCE

- |   |  |
|---|--|
| $\frac{1}{2}$ cup mushrooms cleaned<br>and cut in small pieces. | 1 tablespoon butter.   |
| 1 tablespoon whole wheat<br>flour.                              | $\frac{1}{2}$ cup juice of vegetables<br>or strained vegetable soup. |
|   | Celery salt.   |

Paprika.

Cook the mushrooms in the butter. Add the flour and cook for several minutes. Then pour in the liquid and simmer until thick. Season with celery salt and paprika.

### APPLE ONION SAUCE

Quarter but do not peel apples. Add grated onion, a little tomato, honey, celery salt and a little water. Cook until apples are tender. Rub through a colander.

### SAUCE FOR ASPARAGUS OR CAULIFLOWER

- |                                     |                            |
|-------------------------------------|----------------------------|
| 2 egg yolks.                        | 1 teaspoon nutmeg.         |
| $\frac{1}{4}$ cup cream.            | Juice $\frac{1}{2}$ lemon. |
| $\frac{1}{2}$ teaspoon celery salt. | 2 tablespoonfuls butter.   |

Mix all ingredients together in a double boiler except the butter. Cook over hot water. Stir constantly until mixture thickens. Add butter, bit by bit, beating it well. When butter is melted use at once.

### BUTTER SAUCE

- |                         |                        |
|-------------------------|------------------------|
| 1 cup milk (scalded).   | 2 tablespoonfuls whole |
| 1 tablespoon butter.    | wheat flour.           |
| Cream butter and flour. | Celery salt.           |

Stir in milk slowly. Add seasoning. Heat on a slow fire for a minute or two, stirring constantly.

### CHILI SAUCES

I

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 quart stewed tomatoes.            | $\frac{1}{2}$ cup honey or brown |
| $\frac{1}{2}$ cup lemon juice.      | sugar.                           |
| $\frac{1}{2}$ teaspoon celery seed. | 1 teaspoon mustard.              |
| $\frac{1}{2}$ teaspoon allspice.    | $\frac{1}{2}$ teaspoon cinnamon. |
| 1 onion.                            | 3 green peppers.                 |



Put the tomatoes through a sieve. Add the other ingredients and cook till thoroughly done (about forty-five minutes). Seal in fruit jars while hot. (Thyme and bay leaf may be added, if desired, and mustard omitted.)

## 2

- |                          |              |
|--------------------------|--------------|
| 24 good-sized tomatoes   | Lemon juice. |
| (cut fine).              | Honey.       |
| 6 large onions.          | Celery salt. |
| 3 large peppers (green). | Paprika.     |

Put onions and peppers through grinder. Mix with tomatoes. Cook down until thick. Put lemon juice in to suit taste. Add honey, celery salt and paprika to suit taste. Let boil. Bottle.

## MEXICAN CHILI

- |                                 |                        |
|---------------------------------|------------------------|
| 2 cups red beans.               | 2 onions chopped fine. |
| 2 green peppers (chopped fine). | 6 tomatoes (cut up).   |
|                                 | Lump of butter.        |
|                                 | Celery salt.           |

Soak over night two cupfuls red beans. Cook in a little water. Add peppers, onions and tomatoes, when about half done. Cook slowly until tender. Season with butter and celery salt to taste.

## MEXICAN CHEESE SAUCE

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 2 tablespoonfuls olive oil.          | 2 tablespoonfuls of whole      |
| 1 dessert spoon ground chili powder. | wheat flour or garvan-za meal. |
| 2 cupfuls milk.                      | ½ pound rich cream cheese.     |

Heat the oil. Add the flour and stir till smooth. Then add the milk, cheese and chili powder. Bring to a boil and stir constantly till the cheese is thoroughly melted. Season, if desired.

### CLUB SAUCE

- |                                 |               |                        |
|---------------------------------|---------------|------------------------|
| 1 tablespoon whole wheat flour. | $\frac{1}{4}$ | teaspoon celery salt.  |
| 1 tablespoon butter.            | $\frac{1}{8}$ | teaspoon paprika.      |
| 1 cup milk.                     | $\frac{1}{2}$ | teaspoon mustard.      |
|                                 | $\frac{1}{3}$ | pound American cheese. |

### CREAM SAUCE

Melt two tablespoonfuls butter in a saucepan. Add one teaspoon finely chopped or grated onion and two tablespoonfuls whole wheat flour. Stir until blended. Then add one cup thick cream or milk and stir over fire until smooth. Add one-fourth teaspoon celery salt and one-fourth teaspoon paprika.

### CUCUMBER SAUCE

- |                                     |  |
|-------------------------------------|--|
| 1 cup cream (sweet or sour).        | 1 medium-sized cucumber, pared or not. |
| $\frac{1}{4}$ teaspoon celery salt. | 3 tablespoonfuls lemon juice.          |

Beat cream well. Slowly add seasonings. Chop cucumber well and when ready to serve, add to cream.

### DRIED MUSHROOM BROWN SAUCE

- |  |   |
|--|---|
| 3 tablespoonfuls butter.                   | $\frac{1}{2}$ cup dried mushroom water. |
| 3 tablespoonfuls whole wheat pastry flour. | $1\frac{1}{2}$ cupfuls milk.            |
| Celery salt and lemon, if desired.         |   |

Wash well and soak dried mushrooms for four or five hours. Use the water in which they soaked. Heat the butter, add flour and rub to a paste. Add liquids and, lastly, a few of the dried mushrooms which have been chopped and cooked for five minutes in the water in which they soaked. If desired, add a little lemon juice or vary with one or two tablespoonfuls tomato.

### HORSERADISH SAUCE

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 1 tablespoon whole wheat flour. | 2 tablespoonfuls grated horseradish. |
| 2 cupfuls nut milk.             |                                      |

Put the ingredients in a double boiler and heat until the mixture thickens. This sauce may be occasionally used in Combination Salads or with starchy root vegetables and cereals.

#### HOLLANDAISE SAUCE

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| $\frac{1}{2}$ cup butter.           | 1 teaspoon mustard (may omit).   |
| Yolks of 2 eggs.                    |                                  |
| 1 tablespoon lemon juice (or more). | Dash paprika.                    |
|                                     | Minced parsley.                  |
| $\frac{1}{2}$ teaspoon celery salt. | $\frac{1}{2}$ cup boiling water. |

Cream the butter. Add the egg yolks, one at a time, beating all the time. Then add lemon juice and seasonings. About five minutes before serving add the boiling water, a little at a time, stirring constantly. Place bowl in saucepan of boiling water and stir constantly until the sauce thickens. Onion juice or grated onion may be used, if desired.

#### MINT SAUCE

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 tablespoon chopped mint.  | 2 tablespoonfuls boiling      |
| 1 tablespoon honey or less. | water.                        |
|                             | 2 tablespoonfuls lemon juice. |

Pour boiling water over mint. Add lemon juice and honey. Stir. Do not beat. Vary the proportions of mint, honey and lemon juice to suit taste. Water may be omitted.

#### PLAIN NUT SAUCE

- |                                 |                  |
|---------------------------------|------------------|
| 1 tablespoonful raw nut butter. | 2 cupfuls water. |
|---------------------------------|------------------|

Blend water and butter. Cook about thirty minutes. If necessary, thicken a little. Serve with legume dishes, with rice, and with some vegetables.

#### A NUT GRAVY FOR LOAVES, ETC.

To the plain nut sauce ingredients add browned flour, onion or garlic, bay leaf and a little tomato. Cook. A touch of sage may be added.

### SAUCE FOR BOSTON ROAST

- |                           |   |
|---------------------------|---|
| 1 medium-sized onion.     | 1 clove of garlic.                          |
| (Cook to a light yellow.) |   |
| 6 to 8 fresh tomatoes.    | 2 teaspoonfuls chili powder or chili sauce. |
| 2 teaspoonfuls parsley.   | Cook 20 minutes.                            |

### A TASTY SAUCE

- |                                       |   |
|---------------------------------------|---|
| 2 teaspoonfuls green pepper, chopped. | 4 tablespoonfuls mayonnaise, when ready to serve. |
| 3 tablespoonfuls chili sauce.         |   |

Mix pepper and chili sauce with mayonnaise. Good dressing for vegetable salad.

### UNCOOKED TOMATO SAUCE

- |                               |                             |
|-------------------------------|-----------------------------|
| 4 medium-sized ripe tomatoes. | $\frac{1}{2}$ green pepper. |
|                               | 1 medium-sized onion.       |

Put all ingredients through the fine knife of a food chopper and then strain through a sieve. Use a spoon so as to mash all pulp as none is to be wasted.

### TOMATO SAUCES

#### I

Use on "Spinach on Toast" or on "Asparagus on Toast."

Skin and cut up four large tomatoes. In this, melt two tablespoonfuls butter, one tablespoon minced onion, one tablespoon finely cut-up green pepper, two tablespoonfuls finely chopped celery. Let cook slowly fifteen minutes.

To make a cream sauce of it, add to it one-half cup of cream that has had stirred into it a tablespoon of garvanza meal. Let come to a boil. Then remove from fire.

2

- |                            |                               |
|----------------------------|-------------------------------|
| 4 cupfuls ripe tomatoes,   | 1 teaspoon chili sauce.       |
| cut up.                    | 2 tablespoonfuls lemon juice. |
| 1 teaspoon honey.          | 2 cloves, minced parsley.     |
| 1 teaspoon celery salt.    | 1 tablespoon whole wheat      |
| 1 tablespoon minced onion. | flour or garvanza meal.       |
| 1 tablespoon butter.       |                               |

Steam or stew tomatoes until tender. Strain and add all ingredients except butter and flour. Let cook twenty minutes. Remove cloves. After cooking butter and flour together, add gradually to thicken other ingredients. Stir well.

3

Six large tomatoes, two Spanish onions, cut fine, two green peppers, cut fine. Cook slowly. Add lump of butter, if desired.

4

One cup vegetable stock, one cup tomatoes. Stew and strain. Add a little minced onion and sweet green pepper. Heat to boiling.

5

- |                             |                         |
|-----------------------------|-------------------------|
| $\frac{1}{4}$ cream cheese. | 1 cup hot tomato sauce. |
|-----------------------------|-------------------------|

Cream cheese in a little water. When ready to serve, add tomato sauce and mix.

6

Take about six or eight tomatoes and one medium-sized onion, shaved fine. Let simmer about an hour. Add one-half teaspoon of honey. About half an hour before taking off the fire, add one tablespoon of cracker crumbs and a lump of butter about the size of a walnut.

7

- |                                    |                          |
|------------------------------------|--------------------------|
| 1 quart tomato purée.              | 1 tablespoon whole wheat |
| $\frac{1}{2}$ onion, chopped fine. | flour or garvanza meal.  |
| 1 tablespoon butter.               |                          |

Steam the tomatoes and onion until tender and force through a sieve. Brown the flour a very little in the butter, in a saucepan. Add the strained tomato.

### TOMATO SAUCE FOR MACARONI

Stir until thick in a double boiler one cup of milk and one tablespoon garvanza meal or whole wheat flour. Add a little grated cheese, one large tomato cut up fine and some desired seasoning. Mix well.

### TOMATO AND ONION SAUCE

Cut into pieces about six tomatoes and an equal amount of Spanish onions. Stew in about one-fourth pound of butter or the equivalent amount of vegetable oil until onions are tender. Season as desired. Serve as a sauce or on buttered toast.

### PIQUANT MUSTARD SAUCE

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 pint milk.                        | $\frac{1}{2}$ teaspoon celery salt. |
| 4 tablespoonfuls whole wheat flour. | 4 tablespoonfuls butter.            |
|                                     | $\frac{1}{2}$ tablespoon mustard.   |

Heat milk in double boiler. Cream other ingredients together and drop into hot milk. Stir constantly until thick. Serve where piquant sauce is required.

### PRUICERS SAUCE FOR VEGETABLES

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 3 tablespoonfuls butter.            | Dash of paprika.                      |
| 2 tablespoonfuls whole wheat flour. | 1 cup milk.                           |
|                                     | $\frac{1}{2}$ tablespoon lemon juice. |
| $\frac{1}{3}$ teaspoon celery salt. | 1 teaspoon vegex.                     |

Melt two tablespoonfuls butter. Add flour mixed with celery salt and paprika. When smooth, add milk and stir until it boils. Add lemon juice and vegex, and one tablespoon butter, bit by bit. Serve with vegetables.

### OLIVE SAUCE

- |                                |  |
|--------------------------------|--|
| 1 tablespoon olive oil.        | 1 tablespoon whole wheat flour or garvanza meal. |
| $\frac{1}{3}$ cup ripe olives. |  |

Chop the olives fine and stew two hours in enough water to cover. Heat the oil in a saucepan and brown the flour slightly in it. Add the stewed olives and thin with water to desired consistency.

## GRAVIES

## BROWN GRAVY

1

Brown two tablespoonfuls of whole wheat flour in a saucepan. Add enough milk to cream it and one tablespoon of butter. Cook until creamy.

2

- |                          |                              |
|--------------------------|------------------------------|
| 2 tablespoonfuls butter. | 1 onion.                     |
| 1 tablespoon honey.      | 2 tablespoonfuls whole wheat |
| 1 cup vegetable soup     | flour or garvanza meal.      |
| stock.                   | 1 cup milk.                  |

Brown the onion and honey in the butter. Add the flour and stir smooth. Then add the vegetable stock and milk. Bring to boil.

## A WHOLESOME GRAVY

Stir a heaping tablespoon of whole wheat flour smoothly in half a cup of cold milk. Melt a little butter in a sauce pan. Then pour a pint of milk in and let it come to the boiling point. Then stir in slowly the whole wheat flour which has been rubbed to a paste in half a cup of cold milk. Season slightly, if desired.

## ENGLISH WALNUT GRAVY

- |                      |                              |
|----------------------|------------------------------|
| 1 cup ground English | 2 cupfuls milk.              |
| walnuts.             | 3 tablespoonfuls whole wheat |
| 1 cup water.         | flour or garvanza meal.      |

Brown two tablespoonfuls of the flour in a dry sauce-pan, stirring constantly to prevent burning. Heat the milk and water and when boiling add the walnuts. Thicken with the flour and season to taste.

## MUSHROOM GRAVY

Same as for soy gravy, using two tablespoonfuls mushroom catsup instead of the chop suey soy.



### SOY GRAVY

- |                              |                            |
|------------------------------|----------------------------|
| 2 tablespoonfuls butter.     | 2 tablespoonfuls chop suey |
| 2 tablespoonfuls whole wheat | soy (also called soy sauce |
| flour or garvanza meal.      | or shoyu).                 |
| 2 cupfuls milk.              |                            |

Melt the butter in a saucepan. Add the flour and stir until smooth. Then add the milk and let boil three minutes. Season with the soy, and celery salt, if desired.

### SOUR CREAM GRAVY

- |                               |                          |
|-------------------------------|--------------------------|
| $\frac{1}{2}$ cup sour cream. | 1 to 2 tablespoonfuls of |
| Boiling water.                | browned flour.           |
| Celery.                       |                          |

Mix cream and flour. Pour boiling water over this, stirring constantly until desired consistency is obtained. Boil. Add celery salt. Flavor, if desired, with minced parsley, onion or what not.

### SWISS LENTIL GRAVY

- |                                       |                   |
|---------------------------------------|-------------------|
| 1 cup mashed lentils.                 | Slices of onion.  |
| $\frac{1}{2}$ teaspoon browned flour. | 1 teaspoon flour. |
| Celery salt.                          |                   |

Heat lentils, browned flour and onion together for ten minutes. Thicken with the other flour that has been rubbed smooth with water. Add celery salt, strain and reheat.

## CHAPTER XI

### LOAVES, ROASTS AND CROQUETTES

#### *About Roasts, etc.:*

Here one has an opportunity to experiment. Leftovers come in handy. Bread crumbs and nut meats are a help. For instance, leftovers such as legumes, rice, tomatoes, onions, peas, beans, corn or vegetables strained out of soups—all or any may be used as the base of the loaf. To this add a cup of nut meats, bread crumbs and seasonings such as celery salt, a bit of sage, minced onion or parsley. Moisten with vegetable stock of some kind or with milk or water. An egg or two may be used, but are not necessary.

Mix your ingredients and, when of the proper consistency, form into a loaf or put in an oiled mold or bread tin.

Brush the top with melted butter or with oil or cream.

Bake in a moderate oven. Baste occasionally with any vegetable stock or with milk or water. The success of the loaf depends upon the basting.

Serve with any desired sauce.

1. To warm over a loaf or roast set in a pan of hot water in the oven.

2. Save all old bread and crackers. Dry in oven and grind through chopper. Keep in covered jars. Very useful for loaves, etc.

#### *About Croquettes:*

Eggs should be slightly beaten and from a teaspoon to a tablespoon of water added. Yolks alone or the white alone may be used, or crumbs without eggs.

Crumbs for dipping: Whole wheat bread, crackers, zwieback may be used, or corn meal, whole wheat flour or nut meal.

Minced onion or parsley may be mixed with the eggs or crumbs.

Bake or roast croquettes; never fry them. Place them on a hot buttered pan and bake in a very hot oven for about fifteen minutes until well browned.

Here are some loaves and croquettes to try at your convenience:

### BOSTON VEGETABLE ROAST

Three cupfuls of cooked kidney beans run through a sieve; one and one-half cupfuls of dry whole wheat bread crumbs; one teaspoon of mace and one-half teaspoon of thyme; one cup of American cheese, chopped fine; one tablespoon of chopped onion.

Bake slowly forty minutes. Baste every ten minutes with half melted butter and hot water. Serve with sauce for Boston roast or with tomato sauce.

### CEREAL ROAST

2	eggs.	1	cup celery.
1½	cupfuls milk.	1	cup fine toasted whole
¾	cup ground nuts.		wheat bread crumbs.
2	tablespoonfuls butter.	1	tablespoon grated onion.

Beat eggs. Add milk, butter, nuts, bread crumbs, onion and celery. Let stand twenty minutes. Bake in an oiled dish about thirty minutes or until well browned. To remove, turn upside down on a platter and cover with cloth wrung out of cold water. Let stand a few minutes until loosened from pan. Or, serve in *casse-rolé*. Garnish with parsley and serve with cream white sauce.

## BARLEY LOAF

- |  |                                    |
|--|------------------------------------|
| 2 cupfuls cold steamed<br>barley.          | 1 cup stock or water.              |
| 1 cup whole wheat bread<br>crumbs.         | 1 onion, chopped.                  |
| 2 tablespoonfuls browned<br>garvanza meal. | 3 tablespoonfuls butter or<br>oil. |
|  | 1 cup ground nuts.                 |
|  | Nutmeg.                            |

Brown the onion in butter, add garvanza meal and stock, cook two or three minutes and mix with other ingredients. Season as desired. Bake forty-five minutes in hot oven. Baste. Serve with any desired sauce.

## MRS. WESTERMAN'S BEAN LOAF

Two cupfuls of beans soaked over night. Cook until almost done. Then add two cupfuls of bread crumbs, a lump of butter the size of an egg, or more, one teaspoon of sage, and one-fourth pound of cheese (pimiento or American cheese). Form into loaf and bake. Use tomato sauce with bean loaf.

## A SIMPLE BEAN AND CHEESE LOAF

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1 pint steamed beans. | $\frac{1}{2}$ cup whole wheat bread |
| 1 cup grated cheese.  | crumbs.                             |
| Seasoning.            |                                     |

Mash beans, rub through a sieve, add cheese, desired seasoning and bread crumbs. Form into a loaf and place in a buttered dish. Bake in a moderate oven and serve with tomato sauce.

## LIMA BEAN LOAF

- |   |                               |
|---|-------------------------------|
| 4 tablespoonfuls raw peanut<br>butter.        | 2 cupfuls fresh lima beans.   |
| 2 or 3 tablespoonfuls olive<br>oil or butter. | 1 cup dry bread crumbs.       |
|   | 2 tablespoonfuls grated onion |
|   | 1 cup water or milk.          |

Steam beans until tender. Cool and chop coarsely. Add crumbs, peanut butter, oil and water last. Mix and put in greased bread pan. Bake in a slow oven thirty to forty minutes. Serve with tomato sauce.

Vary this by adding one egg well-beaten, minced parsley, celery salt and omitting peanut butter.

### BAKED GARVANZA BEANS WITH CHEESE LOAF

Steam two cupfuls of garvanza beans until tender. Mash through a sieve and mix with one-half cup of grated cheese. Steam the onion and pepper in the butter and add to other ingredients. Mold into a loaf and place in a buttered earthenware baking dish. Bake in a moderate oven. Baste now and then with water or butter.

### BAKED BEAN LOAF

- |  |  |
|--|--|
| 1 cup navy beans soaked<br>over night. | Celery salt.                                   |
| 1 cup whole wheat bread<br>crumbs.     | 1 egg.   |
| 1 chopped onion.                       | $\frac{1}{2}$ cup milk.                        |
|  | $\frac{1}{2}$ cup vegetable stock or<br>water. |

Dash of paprika.

Steam beans until tender. Mash them and add chopped onion, milk or water, beaten egg and seasoning. Form into a loaf. Bake in a hot oven. Baste with vegetable stock water. Serve with tomato sauce.

### BEAN LOAF

- |                            |                                |
|----------------------------|--------------------------------|
| 1 pint steamed beans.      | 1 cup bread crumbs             |
| 2 eggs.                    | (whole wheat).                 |
| 3 pimientos, chopped fine. | $\frac{1}{2}$ cup tomato pulp. |

Seasoning: Onion juice, grated lemon rind, etc.

Cook tomato pulp and bread crumbs together until a paste is formed. Season as desired. Add the beans, pimientos and beaten yolks of eggs. Fold in the well-beaten whites. Bake in a buttered dish in a moderate oven until firm. Serve with tomato sauce.

### BEAN AND LENTIL LOAF

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup lentils.          | $\frac{1}{2}$ cup whole wheat bread |
| $\frac{1}{4}$ cup dried lima beans. | crumbs.                             |
| $\frac{1}{2}$ onion.                | 1 tablespoon of butter.             |
| 1 tablespoon whole wheat<br>flour.  | 1 egg.                              |
|                                     | $\frac{1}{3}$ cup milk.             |

Soak beans and lentils over night. Steam until tender. Put through sieve. Add egg, bread crumbs and a sauce made of the butter, whole wheat flour and milk. Season to suit with onion salt, celery salt, or whatever else is desired. Moisten with water, form into a loaf and bake in oiled and floured pan.

#### BAKED BEET LOAF

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 bunch of beets.                 | 1 cup whole wheat bread     |
| 2 small onions.                   | crumbs.                     |
| 1 egg.                            | 4 or 5 sticks of celery and |
| $\frac{1}{2}$ cup ground nuts, or | tops, ground up.            |
| more, if desired.                 | $\frac{1}{2}$ cup milk.     |

About 1 tablespoon oil or butter.

Steam the beets until tender. Steam the beet tops about five minutes. Grind the onions, beets, beet tops, nuts and celery through the chopper. Mix with some of the bread crumbs. Over the top spread some bread crumbs mixed with the oil or butter. Bake in a covered casserole in a slow oven for twenty minutes to a half hour. Remove the lid and let brown. Serve with any desired sauce.

#### BAKED CARROT LOAF

One cup finely grated carrot, one cup finely grated whole wheat bread crumbs, one-half cup ground raw peanuts, two or three stalks finely cut celery, one small green pepper and two small onions put through food chopper. Plenty of parsley, three tablespoonfuls olive oil or butter, one egg, if desired. Put into buttered baking dish and add water as it gets dry. Bake uncovered.

#### CARROT AND WALNUT LOAF

One cup mashed, steamed carrots, one-half cup milk, one-half cup chopped walnuts, one minced onion, one tablespoon melted butter, one cup bread crumbs.

Mix above ingredients, form into loaf and bake in a well-greased pan in a moderate oven for half an hour. Baste with vegetable broth or with milk mixed with butter.



**CELERY AND NUT LOAF**

Two tablespoonfuls grated onion, two tablespoonfuls butter, one tablespoon grated cheese, two eggs, one and one-fourth cupfuls toasted whole wheat bread crumbs, one and one-half cupfuls strained tomatoes, three-fourths cup chopped nuts, one cup celery, chopped fine.

Add all of the ingredients to the strained tomato. Mix well and, lastly, add the stiffly-beaten eggs. Bake in a well oiled tin for thirty-five or forty minutes. Serve with cream sauce or with parsley sauce.

**CORN ROAST**

- |                                |   |
|--------------------------------|---|
| 1 cup of stewed corn.          | Dash of paprika.                                |
| 3 tablespoonfuls grated onion. | 1 cup milk.                                     |
| 1/4 cup chopped nuts.          | 1 1/2 cupfuls toasted whole wheat bread crumbs. |
| 2 eggs.                        |   |

Beat the eggs and add milk, corn, bread crumbs, nuts and onions. Mix well and let stand ten or fifteen minutes. Then bake in well oiled pan for thirty-five or forty minutes.

**A LEGUME LOAF**

Soak over night dried peas, lentils and beans (some white and some red). Cut up an onion and a bell pepper. Place in steam kettle with other ingredients. Steam until tender. Mash with potato masher and add an egg and some grated cheese, paprika, a little whole wheat flour and some melted butter. Bake an hour in a buttered pan in a moderate oven.

**LENTIL LOAF**

- |                                 |   |
|---------------------------------|---|
| 2 cupfuls steamed lentils.      | 1 cup tomatoes.                           |
| 1 cup whole wheat bread crumbs. | 2 tablespoonfuls butter or vegetable oil. |

Put the lentils through the grinder. Add the tomatoes (but not all the juice) and the bread crumbs. Season with onion juice, chili sauce or any preferred sauce and add the melted butter or oil. Form into a



firm loaf and bake three-quarters of an hour in a buttered or oiled pan. Serve with hot soy gravy.

### LEGUME LOAF OR CROQUETTES

- |                         |                         |
|-------------------------|-------------------------|
| 2 cupfuls lentils.      | 1 cup garvanza beans.   |
| 1 cup whole wheat bread | 1/3 cup cream.          |
| crumbs.                 | 1 finely chopped onion. |
| 2 eggs.                 | Minced parsley.         |

Soak garvanza beans and lentils over night. Steam until tender. Allow them to dry, then put them through a grinder. Mix thoroughly with the other ingredients. Shape into a loaf (or croquettes, if desired). Baste with water, vegetable stock or milk while baking. Serve with desired sauce.

### LEEK PATTIES OR CROQUETTES

(This will serve four)

- |                          |                              |
|--------------------------|------------------------------|
| 2 bunches of leeks.      | 2 eggs.                      |
| 2 sliced onions (browned | About 2 tablespoonfuls whole |
| in butter or oil).       | wheat cracker crumbs.        |

Parsley, minced.

Remove outer leaves of leek. Cut up into one-inch pieces. Wash thoroughly. Cut off ends of green part. Place in stewing pot with just a little water. Stew until water has evaporated. Cool. Place in chopping bowl and chop. Add eggs, browned onions, parsley and cracker crumbs. Mix thoroughly. Drop tablespoonful at a time in hot buttered or oiled baking dish. Have just enough butter or oil in pan while baking to keep from burning. Bake in slow oven. Brown and turn. Serve with tomato sauce. A delicious dish.

### GREEN PEA ROAST AND CARROT SAUCE

- |                         |                         |
|-------------------------|-------------------------|
| 1 cup whole wheat bread | 2 tablespoonfuls ground |
| crumbs.                 | nut meats.              |
| 2 cupfuls steamed peas. | 2 tablespoonfuls whole  |
| 1½ teaspoonfuls honey.  | wheat flour.            |
| 1 egg.                  | 1 teaspoon celery salt. |
| ¼ pound butter.         | 1 bunch young carrots.  |

1 cup milk.

Put steamed peas through colander. Mix pea pulp and the bread crumbs, honey, egg, four tablespoonfuls melted butter, nut meats, some of the seasoning and one cup of milk. Place in buttered baking dish. Let stand quarter of an hour. Then cover and bake about three-quarters of an hour in slow oven (350°). Baste with milk. Serve with carrot sauce.

Melt remaining butter in saucepan. Add flour and remaining seasoning. As it bubbles, pour in slowly remainder of milk, stirring constantly. When smooth, stir in the carrots finely cut up. Cook until carrots are tender. Put through sieve to make a purée. When ready to serve, pour this over baked roast.

#### MOCK FISH OR RICE PATTIES

1/3 cup rice flour.	1 cup milk.
1 scant teaspoon butter.	1 tablespoon grated onion.
1/4 teaspoon mace.	3 cupfuls mashed potatoes.

Season to taste.

Heat milk to boiling point. Stir in rice flour, butter, onion and mace. Cook all ten minutes, stirring frequently. Have potatoes ready, freshly steamed or mashed. While hot, add the rice mixture and put into pan to cool. When cool, cut into slices about five inches long. Dip into beaten egg and whole wheat bread crumbs. Put into oiled pan and bake until brown. Serve with parsley sauce. (White sauce flavored with parsley.)

#### NUT CROQUETTES

One-half cup ground walnuts, one cup whole wheat bread crumbs, one-half cup finely pounded Cubbison's crackers, moistened with three tablespoonfuls of milk, one egg and one-fourth teaspoon of kitchen bouquet. Season to suit taste. Bake until nicely browned.

#### NUT PATTIES

1 cup chopped or ground walnuts.	1 cup whole wheat bread crumbs.
1 beaten egg.	

Moisten bread crumbs. Add nuts. Form into patties and bake in well oiled or buttered pan. Serve plain or with tomato sauce or brown gravy.

### NUT LOAF

Cover one and one-half cupfuls of whole wheat bread crumbs with milk. Let crumbs soak up all the milk they will take. Drain lightly. Do not squeeze. Place in a bowl and mix with a cup of chopped walnut meats, one chopped onion, one green pepper, one peeled and chopped tomato, the juice of one lemon, one apple chopped, one tablespoon of melted butter, one egg, a pinch of celery salt, a pinch of paprika. Bake thirty minutes. Serve with tomato sauce.

### WALNUT LOAF

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 cup chopped or ground walnuts. | 2 tablespoonfuls chopped celery.     |
| 1 cup steamed, unpolished rice.  | 2 eggs.                              |
| 1 cup tomatoes.                  | 1 dessert spoon oil or butter.       |
| 1 onion, chopped fine.           | Season with celery salt and parsley. |

Beat eggs very lightly. Stir into them the steamed rice. Pour oil over this. Add the tomatoes which have been brought to boiling point. Then add chopped onion, celery and seasoning. When all is blended, add nuts. Mold into loaf and place in baking dish with tablespoon of oil or butter. Bake about forty minutes or until brown. Serve with tomato or brown sauce. Whole wheat crumbs may be used instead of rice, and eggs may be omitted.

### NUT ROLL

Steam six good-sized potatoes. Then peel and grate. Add three dozen rolled whole wheat crackers, one and one-half cupfuls of nuts, one large onion chopped, and a little sage. Make a hollow in the center, then pour in four well-beaten eggs and two table-

spoonfuls of oil. Mix thoroughly. Mold into a roll and place in a buttered baking pan. Bake in a moderate oven one hour. Baste with melted butter and lemon juice.

### NUT HOMINY LOAF

- |   |                                   |
|---|-----------------------------------|
| 1 cup chopped walnuts.                      | 1 well-beaten egg.                |
| 1 cup chopped peanuts.                      | 2 cupfuls steamed hominy.         |
| $\frac{1}{2}$ cup whole wheat bread crumbs. | Minced parsley, onion and nutmeg. |

Mix ingredients well and bake in hot oven one-half hour. Baste with vegetable stock, milk or water.

### NUT LOAF

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 cup nut meats.                | 1 egg.                       |
| 1 cup whole wheat bread crumbs. | $1\frac{1}{4}$ cupfuls milk. |
|                                 | Parsley.                     |

Leek or sage.

Mix. Form into loaf. Bake.

### NUT OLIVE LOAF

- |   |                                 |
|---|---------------------------------|
| $1\frac{1}{2}$ cupfuls nuts, chopped or ground. | 1 cup whole wheat bread crumbs. |
| 2 eggs.   | 2 tablespoonfuls butter.        |
| $1\frac{1}{2}$ cupfuls ripe olives.             |                                 |

Mix ingredients, moisten well with water or vegetable stock. Season with sage, celery salt and, if desired, chili powder. Form in loaf and bake. Serve with a sauce.

### NUT LOAF

(Vegetable Turkey)

- |                                     |   |
|-------------------------------------|---|
| 2 cupfuls chopped peanuts.          | 2 eggs.   |
| 2 cupfuls whole wheat bread crumbs. | Season with sage, celery salt, paprika, 1 cup of cream or milk. |
| 2 tablespoonfuls butter.            |   |

Mix ingredients well. Season with desired flavors. Moisten well with milk, water or vegetable stock. Form into a loaf and place in a buttered, floured pan. Bake and serve with cranberry or tomato sauce. (Walnuts may be used instead of peanuts.)

Pared and cut-up potatoes may be baked in pan with loaf. Bake about thirty minutes or until potatoes are tender. Baste with melted butter and water.

### NUT ROAST

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 2 cupfuls bread crumbs,            | 1 tablespoon butter.             |
| whole wheat.                       | 1 cup chopped celery.            |
| $\frac{1}{4}$ cup chopped parsley. | $\frac{1}{2}$ cup tomato sauce.  |
| $\frac{3}{4}$ cup chopped walnuts. | $\frac{1}{4}$ cup chopped onion. |
| Juice of half a lemon.             |                                  |

Bake one hour in a slow oven.

### RICE AND WALNUT ROAST

- |                                   |  |
|-----------------------------------|--|
| 1 cup steamed unpolished rice.    | 1 cup whole wheat bread crumbs.        |
| 2 cupfuls finely chopped walnuts. | About 6 tomatoes (solid part only), or |
| 2 eggs, well beaten.              | 1 cup fine tomatoes.                   |
| 1 tablespoon butter.              | $\frac{1}{2}$ teaspoon celery salt.    |
| Parsley, minced.                  | 4 potatoes (medium-sized).             |

Mix ingredients thoroughly. Form into loaf. Steam and mash the potatoes. Spread in a smooth layer over the top of the roast. Butter top well. Bake brown in a slow oven. May be served with cranberry or tomato sauce.

### RICE NUT ROASTS

#### 1

Two cupfuls of steamed whole rice, one cup of dry whole wheat bread crumbs, one cup of crushed walnuts (crush with fork), one egg slightly beaten, two tablespoonfuls of melted butter, one teaspoon of sage. Mix thoroughly and bake one hour in a buttered bread pan.

#### 2

- |                          |                         |
|--------------------------|-------------------------|
| 2 cupfuls steamed rice.  | 2 eggs.                 |
| 1 cup ground nuts.       | $\frac{1}{2}$ cup bran. |
| 3 young onions, chopped. |                         |

Mix well. Place in covered dish and steam or bake one hour.

## 3

Same as "1," substituting ground carrots for bread crumbs and adding one ground onion and one cup of milk. Peanuts may be used instead of walnuts.

## ROMAN MEAL LOAF

1 cup Roman meal.

Seasoning: Paprika, celery

2 tablespoonfuls butter.

salt.

1 egg.

Steam Roman meal, cool, add butter, beaten egg, seasoning. Mold into loaf. Bake, baste with stock or water. Serve with any desired sauce.

## PIMIENTO AND COTTAGE ROAST

Two cupfuls of steamed peas or lima beans, one-fourth pound cottage cheese (made from raw milk), three ripe pimientos, one cup dry whole wheat bread crumbs, three tablespoonfuls butter.

Put beans and pimientos through fine knife of food chopper, add cottage cheese, butter, and mix with one-half of the bread crumbs, or enough to form a stiff roll. Melt the remainder of the butter and add to the remaining bread crumbs. Roll the loaf in the buttered crumbs and brown in the oven, basting with butter and a very little water. Slice and serve with tomato sauce. Garnish with ripe olives and parsley.

## SPINACH LOAF

Chop fine one cup steamed spinach. Add one cup cottage cheese, one-half cup toasted bread crumbs, one well-beaten egg, two tablespoonfuls melted butter and one-half teaspoon celery salt. Mix and bake about twenty minutes in a buttered dish. Serve with tomato sauce or any desired sauce.



## A VEGETABLE LOAF

- |                            |                         |
|----------------------------|-------------------------|
| 2½ cupfuls ground carrots. | 2 eggs.                 |
| 1 cup ground walnuts.      | ½ cup whole wheat bread |
| ½ cup milk.                | crumbs.                 |
| 1 tablespoon butter.       |                         |

Steam the carrots until tender and let cool. Add remaining ingredients. Bake one-half hour and serve with cream gravy.

## VEGETABLE PIE—POTATO CRUST

- |                           |                        |
|---------------------------|------------------------|
| 3 tomatoes.               | 1 cup peas, preferably |
| 4 tablespoonfuls oil or   | fresh (steamed).       |
| butter.                   | 3 tablespoonfuls whole |
| 1 large onion.            | wheat bread crumbs.    |
| 1 large carrot.           | ½ pound steamed whole  |
| 1 or 2 stalks celery.     | wheat macaroni or      |
| 3 tablespoonfuls parsley. | brown rice.            |

Melt butter or warm oil in saucepan. Mince onion, carrot, celery, and cook in butter or oil for five minutes. Add tomatoes, peas, parsley, macaroni and bread crumbs. Turn mixture into baking dish. Cover with mashed potatoes and bake about thirty minutes in hot oven.



## CHAPTER XII

### SOUPS AND SOUP GARNISHES

#### *About Soups:*

1. Keep left-over juices from cooked vegetables to add to soups for flavor; consomme or bouillon may be added to soups as a stock.

2. Welcome additions to soups are parsnips, beet tops, celery tops, tough portions of asparagus, outside leaves of cauliflower, minced parsley and okra. (Okra thickens vegetable soups and is especially good with tomato soups.)

3. Spinach juice is excellent in soups.

4. Three or four pieces of dried mushroom washed well, soaked three or four hours, simmered five minutes, cut fine and added to soup with its juice give a delightful flavor.

5. Raw nut butters may be added to soups instead of cow butter or oil (one and one-half tablespoonfuls to a quart of soup).

6. If soup is too thick, add water or milk before serving.

7. To thicken soup heat flour in oil or in butter and add some of the hot soup to it as in gravy.

8. Soups should simmer for a long time to bring out the flavor in the vegetables.

9. Bouillon or consommés are broths.

10. Purée is a thick soup resulting when ingredients are put through a fine colander.

#### STRAINED SOUPS

If vegetables are to be strained out, do not peel them but scrub them well. Closest to the peel lies the richness of the vegetable.

## BROTHS, CONSOMME AND STOCKS

## ASPARAGUS BROTH

Mash through a colander a bunch of freshly steamed asparagus. Add the asparagus juice in which it steamed. Reheat and serve.

## BEET CONSOMMÉ

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 bunch beets and beet tops.    | 2 potatoes.              |
| 3 onions and tops green onions. | 1 clove minced garlic.   |
| 4 sticks celery and tops.       | 3 sprigs minced parsley. |

Wash and cut fine all the vegetables. Put in a soup kettle. Cover with water. Boil or steam for one and a half hours. After the soup has boiled for an hour, season with lemon and honey to suit taste. (Juice of about two lemons or more, use one tablespoon of honey.) This soup needs no fats but oil or butter may be used, if desired. Strain and serve hot or cold. (May be served without straining.) This beet soup is very refreshing in hot weather, if served cold. Another way to prepare it is to omit all the vegetables except the beets, beet tops, onions, and green onion tops.

## EDITH'S VEGETABLE BROTH

Wash well all kinds of vegetables, tomatoes included. They need not be peeled nor cut fine. Season with onion, garlic, parsley, green pepper and a very small piece of chili pepper. Cook until vegetables are tender. Then strain all liquid from vegetables and let stand for at least a half hour. Cook a few beets, strain liquid off and add to broth to improve color. Reheat about fifteen minutes before serving.

## NUT BOUILLON

- |                               |                          |
|-------------------------------|--------------------------|
| 1½ tablespoonfuls nut butter. | 4 tablespoonfuls chopped |
| 4 cupfuls water.              | onions.                  |
| 1 tablespoon whole wheat      | ½ cup strained tomatoes. |
| browned flour.                | Celery salt to taste.    |

Cream the nut butter with water. Add the tomatoes, onions, flour and water. Let cook gently for an hour and a half and serve.

### LEGUME BROTHS

Cook any of the legumes until the water looks rich. Strain. There should be two cupfuls of broth to every two cupfuls of legumes. Add celery salt, heat and serve. If desired, flavor with celery, onion, tomato or thyme. (Use the legumes left after straining for loaves, soups, etc. If used in vegetable soups they may be mashed and take the place of butters.)

### SUGGESTIONS FOR BROTHS

Cauliflower, cabbage or spinach water, with cream added, make good broths, as do tomato juice, rice or barley water.

#### *About Soup Stocks:*

To make soup stocks, use the outer leaves of cabbage, lettuce, cauliflower, the tops of celery, green onions, beets, etc., the ends of asparagus, spinach and Swiss chard.

Chop ingredients fine or put through the grinder. Steam with a little water. Put through potato ricer. To this add a milk made by rubbing one or two tablespoonfuls of nut butter to a paste and gradually adding water until a pint of nut milk is obtained.

### VEGETABLE STOCK

I

$\frac{1}{4}$ cup beans.	$\frac{1}{2}$ tablespoon of minced parsley.
$\frac{1}{4}$ cup split peas.	$\frac{1}{8}$ teaspoon thyme.
1 medium-sized onion and carrot.	$\frac{1}{2}$ cup strained tomato.
$\frac{1}{4}$ cup chopped celery tops, or	$\frac{1}{2}$ teaspoon sage.
$\frac{1}{4}$ teaspoon celery salt.	1 tablespoon browned flour.

Simmer all together three or four hours. Strain. Add parsley. Any other legumes may be used instead of given ones. Vegetables may be rubbed through a colander instead of straining them out. This stock is fine for loaves and gravies or for sauces.

## 2

1 onion.	1	tablespoon brown sugar
1 carrot.		or honey.
2 turnips.	2	tomatoes.
4 stalks celery.	1	apple.
1 green pepper.	1/3	cup olive oil.
2 quarts water.	1	teaspoon celery salt.

Put through food chopper the onion, carrot, celery and turnips. Into a kettle put honey or brown sugar. Let it heat a bit. Add olive oil and chopped vegetables. Shake kettle until vegetables are browned a bit. Add water, pepper chopped fine, tomatoes, apple cored (not peeled) and celery. Cover and simmer gently for an hour. Strain. Use as a base for other soups, or as a consommé or with vegetable loaves or roasts.

## 3

5 carrots with tops.	1	large bunch parsley.
2 onions.	2	green peppers.
3 tomatoes.	1/2	pound steamed okra.
2 dried chili peppers.	2 1/2	quarts water.

Celery salt.

Remove the carrot tops. Pick out the dead leaves. Wash and put in the kettle with the parsley, tomatoes (sliced) and the dried chili peppers. Put the carrots, onions and green peppers through a grinder and add. Cover with the water and boil covered for three hours. Remove from the fire and strain, pressing as much of the vegetable stock through the sieve as liked; add the okra to the stock thus obtained, or if a clear stock is desired, the okra may be added first before straining.

## WHITE STOCK

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| $\frac{1}{4}$ cup raw nut butter. | $\frac{1}{4}$ teaspoon powdered sage. |
| 1 large onion, sliced.            | $\frac{1}{8}$ teaspoon thyme.         |
| 1 teaspoon celery salt.           | 1 bay leaf.                           |
| 8 to 10 cupfuls water.            |                                       |

Cream the nut butter by adding water. Mix in the dry ingredients. Simmer all together for two hours. Strain and add water to make five or six cupfuls. Heat.

## CHOWDERS

*About Chowders:*

1. A chowder should have the consistency of a stew—not so much liquid. Chowders are a meal in themselves.

2. The vegetable strainings left from broth or consommé rubbed through the colander make a good base for chowder.

3. Raw nut butter may be substituted for oil or butter.

## CORN CHOWDER

Pare and slice one large potato. Cut up one onion. Place the onion in kettle. Cover with one cup corn or more. Over this place sliced potatoes. Use enough water to barely cover. Let simmer gently till onions and potatoes are tender. Then add one quart milk and one-third cup cream. Bring to boil. Remove from fire and stir in beaten yolk of one egg and some finely minced parsley.

## CORN AND CARROT CHOWDER

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| $1\frac{1}{2}$ tablespoonfuls oil or | 2 cupfuls water.                     |
| melted butter.                       | 1 cup corn.                          |
| 1 onion (sliced).                    | $1\frac{1}{2}$ pints milk (or less). |
| 1 cup carrot (cut fine).             | 1 cup cream.                         |
| Celery salt.                         |                                      |

Heat onions and carrots in oil. Add water and cook until tender. Add hot milk, corn and seasonings. Heat. Vary with one-half cup tomato.

### CORN AND TOMATO CHOWDER

2 cupfuls fresh corn.	1 quart cold milk.
1 cup ripe tomatoes.	$\frac{1}{2}$ cup chopped pimientos.
2 cupfuls diced celery.	3 tablespoonfuls of whole wheat flour.
2 tablespoonfuls butter or oil.	$1\frac{1}{2}$ teaspoonfuls celery salt.

Paprika.

Place corn, tomatoes, diced celery and one teaspoon of celery salt in a kettle and cover with the cold water. Cook one-half hour. Make a white sauce by blending butter and flour. Then add the cold milk. Stir constantly. Add gradually to vegetable mixture. Stir in other ingredients. Serve hot.

A cream soup may be made, if desired, by straining out the vegetables before adding the white sauce.

### TOMATO CHOWDER

1 quart tomatoes.	4 tablespoonfuls butter or oil.
1 quart boiling water.	
$\frac{1}{4}$ cup brown rice.	$\frac{1}{4}$ teaspoon paprika.
2 teaspoonfuls celery salt.	2 onions, chopped.

Melt the shortening. Add the chopped onion and brown well. Then add the tomatoes, rice and water. Cover and allow to cook slowly one hour or until the rice is tender. Season well and serve hot. Just before removing from the fire, add one tablespoon of whole wheat flour which has been well blended with cold water. This will thicken the chowder a little, if desired.

### CREAM SOUPS

#### *About Cream Soups:*

*To Bind Cream Soups and Purées.* Cream soups and purées, if allowed to stand, separate—unless bound together. To bind a soup, melt butter, and when



bubbling add an equal quantity of whole wheat flour; when well mixed add to the soup, stirring constantly until boiling point is reached. If the recipe calls for more flour than butter, or if the soup is one that should be made in a double boiler, add gradually a portion of the hot mixture to the butter and flour until of such consistency that it may be poured into the mixture remaining in double boiler.

### CREAM OF ASPARAGUS SOUP

*I*

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 3 bunches asparagus,<br>steamed.   | $\frac{1}{2}$ teaspoon celery salt. |
| 1 tablespoon whole<br>wheat flour. | 3 cupfuls water.                    |
|                                    | 1 tablespoon butter.                |
|                                    | $1\frac{1}{2}$ cupfuls milk.        |

Melt the butter; add the flour; cook until smooth. Then add the milk, the asparagus liquid, and the seasonings. Rub the asparagus through a sieve and stir the pulp into the above. Simmer for a few minutes and serve with asparagus tips or with tiny cubes of whole wheat toast.

*2*

- |                           |   |
|---------------------------|---|
| 3 cupfuls white stock.    | $\frac{1}{4}$ cup whole wheat<br>flour. |
| 2 bunches asparagus.      | 2 cupfuls scalded milk.                 |
| 2 cupfuls cold water.     | Celery salt.                            |
| 1 slice onion.            | Paprika.                                |
| $\frac{1}{4}$ cup butter. |   |

Steam asparagus, reserve tips; add stalks to cold water. Cook for five minutes, drain, add stock and onion. Cook for thirty minutes. Rub through a sieve and bind with butter and flour, cooked together. Add celery salt, paprika, milk and tips. Serve.

### CREAM OF LIMA BEAN SOUP

Same as for Cream of Pea Soup. (Do not use honey or sugar.)

### CREAM OF CELERY

Same as for Cream of Corn.



## CREAM OF STRING BEAN SOUP

1 pound fresh string beans.	2 tablespoonfuls whole
1 quart water.	wheat flour.
1 pint of cream or 1 quart	Lump of butter.
of milk.	Celery salt (to taste).

Cook beans until tender in pint of water. Press through colander. Add the milk and the flour after it has been rubbed to a paste with the butter and bean water. Heat and stir. Season with celery salt.

## CREAM OF BEET SOUPS

1

Beets.	$\frac{1}{2}$ teaspoon celery salt.
1 tablespoon butter.	$\frac{1}{4}$ teaspoon mace.
$1\frac{1}{2}$ cupfuls milk.	1 tablespoon of whole
Paprika.	wheat flour.

Cook the beets, chopped fine, and place over the fire in beet liquid. Make a white sauce of the other ingredients. Add to the beets and let simmer until nicely blended. If desired, the beets may be pressed through a coarse sieve before serving. If this is done be sure to force all of the pulp through. Do not boil beet soup too long or beauty of color will be lost.

2

Steam six large beets. Remove skins. Let cool. Then grate and cook in a quart of water for thirty minutes. Blend one tablespoon of whole wheat flour with butter and add to the soup. Then add one quart of heated milk, the yolk of one egg, well beaten, one tablespoon of brown sugar or honey and a little celery salt. Stir well. Serve hot with steamed potatoes, if desired.

## COLD BEET SOUP

Steam six large beets. Remove skins under cold water. Cut into fine strips or small cubes. Cut up two onions. Cook together for half an hour in a little water. Remove, squeeze in juice of half a lemon and

let cool. Beat two yolks of eggs with a little water. Add celery salt and sweet or sour cream. Stir well. Put in the refrigerator to cool. Serve cold.

### CREAM OF CAULIFLOWER SOUP

- |  |  |
|--|--|
| 4 cupfuls of hot vegetable stock (or white stock). | 1 stalk celery, cut in inch pieces.            |
| 1 slice onion.                                     | $\frac{1}{4}$ cup whole wheat flour (or less). |
| 1 cauliflower.                                     | 2 cupfuls milk.                                |
| $\frac{1}{4}$ cup butter.                          | Celery salt.                                   |
| $\frac{1}{2}$ bay leaf.                            |  |

Paprika.

Soak cauliflower, head down, one hour in cold water to cover. Steam for twenty minutes. Reserve one-half the flowerets. Rub the remaining cauliflower through a sieve. Cook the onion, celery and bay leaf in butter for five minutes. Remove the bay leaf, add the flour and stir into the hot stock. Add the cauliflower and milk. Season with celery salt and paprika. Then strain, add the flowerets, and reheat.

### CREAM OF CELERY SOUPS

#### I

Cut into cubes or small pieces two medium bunches of celery. Add one small onion (leave onion whole and take out before serving) and enough water to just cover. Cook slowly until tender. Then add a lump of butter and two cupfuls of milk. Cook until the milk is about to boil. Then turn out the fire and add a good-sized lump of butter. Serve hot.

#### 2

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 2 cupfuls white or vegetable stock.   | 2 tablespoonfuls butter.            |
| 3 cupfuls celery, cut in inch pieces. | 3 tablespoonfuls whole wheat flour. |
| 2 cupfuls boiling water.              | 2 cupfuls milk.                     |
| 1 slice onion.                        | 1 cup cream.                        |
|                                       | Celery salt.                        |

Paprika.

Steam celery for ten minutes. Drain. Add stock. Cook until celery is soft and rub it through a sieve. Scald onion in milk. Remove onion. Add the milk to the stock, bind, add the cream and season with celery salt and paprika.

3

3 cupfuls celery (cut fine).	1 tablespoon whole wheat flour.
1 onion (cut fine).	Lump of butter.
1 quart milk.	Celery salt.

Cook celery and onion in one quart of warm milk. Mix whole wheat flour and butter to a paste. Add to soup. Celery salt to taste.

4

Cut up one bunch of celery (not the heart). Cook until tender in enough water to have four cupfuls when done. Cook in the stock one large potato until it will mash. Add one cup celery, heart cut fine, and a half a bell pepper, cut fine. Add a lump of butter and as much milk as you desire soup. Season, if desired.

### CREAM SOUP SUGGESTIONS

The following vegetables make delicious cream soups:

Asparagus.	Peas.
Corn.	Tomatoes.
Lima beans.	Spinach.

Celery.

The base for cream soup is a well-prepared white sauce.

### CREAM OF CORN SOUP

4 cupfuls fresh corn (or dried corn soaked).	1 cup milk.
1 tablespoon butter.	$\frac{1}{2}$ onion.
1 tablespoon whole wheat flour.	$\frac{1}{2}$ teaspoon celery salt.
	Paprika.
	$\frac{1}{2}$ cup water.

Remove corn from cob and measure. Put through grinder with the onion. Cook the butter, flour, milk

and water together until smooth, then add the corn and seasoning. Let cook about ten minutes, then serve. Garnish with minced parsley. (Sprinkle it over the top just before serving.)

### CREAM OF PEAS

- |                                     |                      |
|-------------------------------------|----------------------|
| 1 teaspoon brown sugar              | 1 tablespoon butter. |
| or honey.                           | Peas.                |
| 1 tablespoon whole wheat            | 1 slice onion.       |
| flour.                              | Sprinkle of paprika  |
| $\frac{1}{2}$ teaspoon celery salt. | and nutmeg.          |
| 1 cup milk.                         |                      |

Steam peas with sugar or honey until very tender. Then rub through a coarse sieve and place pulp over the fire to reheat. Make a sauce of the butter, flour, milk and seasoning. Add the pea pulp and let simmer until well blended.

### CREAM OF SPINACH SOUP

I

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 3 bunches spinach.              | 1 cup milk.                         |
| 1 slice onion.                  | 1 cup water.                        |
| 1 tablespoon whole wheat flour. | $\frac{1}{2}$ teaspoon celery salt. |
| 1 tablespoon butter.            | Paprika to taste.                   |

Cook the spinach with the water about fifteen minutes and rub through a coarse sieve. Make a white sauce with the given ingredients. Add the spinach. Chop it fine. Reheat it in the white sauce. Season and serve.

2

- |                                    |                  |
|------------------------------------|------------------|
| Spinach.                           | 1 teaspoon whole |
| $\frac{1}{2}$ cup onion (chopped). | wheat flour.     |
| 1 pint milk.                       | Lump of butter.  |
| Celery salt.                       |                  |

Wash the spinach thoroughly and steam. Drain. Chop up fine. Add one-half cup of onion, the drained spinach juice and cook for thirty minutes. Blend butter, whole wheat flour and one pint of milk. Season with celery salt. Heat, but do not boil. Serve hot.

## CREAM OF TOMATO SOUPS

1

About 2 pounds fresh	1 tablespoon butter.
tomatoes.	1 tablespoon whole wheat
1 teaspoon honey.	pastry flour.
1½ cupfuls milk.	

Cook the tomatoes with the honey ten minutes. Then press through a sieve. Make a white sauce of the above ingredients, add the tomato pulp and serve at once. Do not cook after combining tomato pulp and white sauce or it may curdle.

2

8 or 10 tomatoes.	1 quart milk or milk
(cut up).	and cream mixed.
Lump of butter.	Celery salt (to taste).

Steam and press the tomatoes through a sieve. Add slowly, stirring constantly, one quart of scalded milk. When ready to serve, add butter and celery salt.

## TOMATO SOUP

*(A Ten-Minute Dish)*

1 pint fresh tomatoes.	3 tablespoonfuls graham
1 quart water.	flour.
1 quart milk.	Seasoning.

Place in a kettle tomatoes and water. Let boil. Then thicken with the flour which has been mixed with cold water. Add the milk, stirring constantly until it boils. It should not curdle if stirred. Season to taste with celery salt and a bit of honey.

## CREAM OF VEGETABLE SOUP

1 bunch carrots.	2 ears fresh corn or dried corn
1 small onion.	soaked over night.
½ green pepper.	Sprig of parsley.
1 medium-sized potato.	2 tablespoonfuls butter or oil.
2 tomatoes.	½ cup rich milk.

Clean and cube vegetables. Cook very slowly in cold water in covered kettle until vegetables are tender.

Put all ingredients through sieve, then replace in kettle, let simmer slowly and add rich milk. Stir, and if too thick, add more milk. When ready to serve place a teaspoon of whipped cream in each bowl and pour the soup over this. Serve with whole wheat bread sticks.

## FRUIT SOUPS

### *About Fruit Soups:*

1. Fruit soups may be made with any desired fruit juices, using agar-agar dissolved as a base (proportions less than one-fourth cup dissolved agar to six cupfuls soup).

2. Whipped cream may be used with some.

3. Fruit soup may be served very cold as a first course for a spring or summer luncheon or dinner.

4. Serve with nuts, nut wafers or cookies. If served hot use cups; if cold, glasses.

Sweeten with honey.

*Suggested Garnishes for Fruit Soups:* Thin slices of Brazil nuts, toasted almonds, pecans, etc., cherries, berries or slices of banana.

## FRUIT SOUPS

### 1

2 pounds cherries, or

2 pounds plums.

2 boxes raspberries, or

1 egg yolk (beaten).

Honey to taste.

Wash fruit well. Cook in one pint of water and let cool. Beat the egg yolk and stir it in. Add honey to taste. Serve cold, if desired.

### 2

Many of the berries and grapes may be picked over, washed and steamed on a slow fire for about half an hour or more, using one quart of water to a quart of fruit. Strain, sweeten to taste with honey, reheat and serve.

Cherries and plums may be served without straining. (Remove pits before cooking.)

Peaches, pears and apples may be put through a sieve after straining.

### BANANA SOUP

Mash six ripe bananas. Steam with one quart of nut milk. Add honey to taste. Serve with toast.

### GRAPE SOUP

- |                         |                           |
|-------------------------|---------------------------|
| 2 cupfuls water.        | 4 tablespoonfuls raisins. |
| 1 cup grape juice.      | 4 tablespoonfuls prunes.  |
| 2 tablespoonfuls honey. |                           |

Put raisins and prunes through the grinder. Stew them and add the other ingredients. Serve hot with or without whipped cream.

### MISCELLANEOUS SOUPS

#### BARLEY, POTATO AND TOMATO SOUP

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 3 potatoes (cubed with peels).       | 1 onion (chopped fine).           |
|                                      | Parsley (minced).                 |
| $\frac{1}{2}$ cup barley.            | 3 or more tomatoes (cut up fine). |
| 1 or 2 sticks celery (chopped fine). | Lump butter.                      |

Celery salt.

Cover potatoes, barley, onion, celery and parsley with a quart of water. Let simmer one hour. Add tomatoes and cook for about thirty minutes more. Add butter and celery salt. Serve.

#### CREOLE SOUP

- |                               |                                |
|-------------------------------|--------------------------------|
| 6 or 8 tomatoes.              | 1 tablespoon of chopped onion. |
| 1 green pepper or 1 pimiento. | 1 tablespoon butter.           |
| 2 cupfuls water.              | 1 tablespoon lemon juice.      |
| Celery.                       | Paprika.                       |

Remove seeds from the pepper and chop it fine. Brown onion in butter. Add the pepper. Then add



the tomatoes and water. After rubbing through a sieve simmer for twenty minutes. Add lemon juice and season to taste.

#### COMBINATION SOUP

½ cup brown rice.	4 cupfuls cold water.
2 cupfuls raw, diced potatoes.	1 onion, grated.
	2 cupfuls milk.
1½ cupfuls chopped celery and celery leaves.	2 tablespoonfuls butter or oil.
1½ teaspoonfuls of celery salt.	1 teaspoon minced parsley.
	Paprika.

Soak rice in water until the grains swell up. Put in the soup kettle. Add the potatoes, onion and celery. Simmer gently until almost done. Then add the milk, butter or oil, celery salt, paprika and minced parsley, and finish cooking.

#### LENTIL SOUP—EXCELLENT

After washing lentils well, soak three-fourths of a cup over night. Cook in the water in which they soaked. Add three sticks of celery cut fine, two or three medium-sized onions, two medium carrots, parsley and green pepper to taste, three garlic buttons and a little chili pepper. Boil well at first, then turn down the fire and let simmer one or one and a half hours. Cook three or four tomatoes separately, put through a sieve and add to the soup. Use plenty of butter and olive oil.

#### LETTUCE SOUP

Put in a saucepan with a pint of water two heads of shredded lettuce, one onion, one-half pint green pears, a small bunch of parsley well minced and two tablespoonfuls of butter. Add a well-beaten egg just before it is taken off the fire. (The egg may be omitted.)

## SPLIT GREEN PEA SOUP

- |                          |                          |
|--------------------------|--------------------------|
| 1 pint split green peas. | Celery salt.             |
| 1 quart water.           | Tomatoes or tomato soup, |
| 2 onions (cut fine).     | if desired.              |

Lump of butter.

Wash well and soak over night in one quart of water two cupfuls of peas. Add two onions cut up fine. Let simmer for two or three hours. Add celery salt and a lump of butter. If desired, add tomatoes or tomato soup, and a tablespoon sour cream to each plate when serving.

## PINK VELVET SOUP

- |                  |                 |
|------------------|-----------------|
| 1 bunch beets.   | Sour cream.     |
| 4 cupfuls water. | Lemon juice.    |
| Yolks 2 eggs.    | Honey to taste. |

Pare beets; grate fine and cook in water until beets are tender. Add lemon juice to taste and the beaten yolks of two eggs. Add honey. This may be served either hot or cold with the sour cream.

## POTATO SOUP

- |                                 |              |
|---------------------------------|--------------|
| 5 or 6 potatoes.                | Tomatoes.    |
| 2 onions (chopped).             | Lump butter. |
| 2 or 3 stalks celery (chopped). | Celery salt. |

Scrub potatoes. Leave peeling on. Cut into small cubes. Add onions and celery. Cook on slow fire in three or four cupfuls of water for an hour. Add to this six or eight cut-up tomatoes, if desired. When ready to take off add butter and celery salt.

## POTATO AND MILK SOUP

- |                     |                 |
|---------------------|-----------------|
| 6 potatoes.         | Minced parsley. |
| 2 onions (chopped). | 1 pint milk.    |
| Celery salt.        | Butter.         |

Steam potatoes until soft. Peel and cut into small cubes. Cook for thirty minutes in about a quart of

water, two onions chopped and a sprig of minced parsley. Add one pint of milk, a lump of butter and celery salt.

#### EDITH'S POTATO SOUP—EXCELLENT

Take the following vegetables, cut them in small pieces and place in a soup kettle to cook. Put enough water in the kettle to nearly cover the vegetables. Four or five medium-sized potatoes, three medium-sized onions, one small green sweet pepper, also a small bunch of parsley tied together (remove it when vegetables are cooked). When done purée the vegetables by putting them through a colander. A little celery salt may be added to suit the taste. Thin by adding milk. Add butter to taste.

#### SPINACH SOUP

Take two bunches of spinach, two bunches of green onions, one small bunch of celery with just a few leaves (too many leaves will make the soup bitter), one bunch of parsley. Wash thoroughly and cut in small pieces. Cook over a slow fire in a closed vessel with three cupfuls of water for one hour. Strain, let stand fifteen minutes and serve warm. Do not use the vegetables in the soup after straining.

#### TOMATO SOUP—EXCELLENT

Cook one-half as many onions as tomatoes separately. When done put through sieve—then put together. Season with parsley, butter and some olive oil. Let simmer till ready to serve.

#### ROOT SOUP

*(Very Laxative)*

Take one large celery root, one bunch of carrots, one bunch of beets with leaves, one pound of old onions. Wash thoroughly and cut in fine pieces. Cook for one

hour over a slow fire in a closed vessel with six cupfuls of water. Strain. Let stand fifteen minutes and serve warm. Do not use vegetables in soup after straining.

### TOMATO AND BARLEY SOUP

- |                         |                              |
|-------------------------|------------------------------|
| 1 quart tomatoes.       | 4 tablespoonfuls butter or   |
| 2 quarts boiling water. | oil.                         |
| 1 cup barley.           | 2 medium-sized onions.       |
| Paprika.                | 1½ teaspoonfuls celery salt. |

Brown the butter. Put in the onions cut in small pieces. Let simmer. Then add the boiling water, tomatoes, barley and seasonings. Cook for two or three hours over a slow fire. Serve.

### TOMATO AND RICE SOUP

Cut up three or four ripe tomatoes and two or three onions. Add two tablespoonfuls of rice and cook together on a very slow fire for an hour. Season with celery salt and a teaspoonful of honey.

### TOMATO SOUP

- |                          |                          |
|--------------------------|--------------------------|
| 1 quart tomatoes, raw or | 4 cloves.                |
| stewed.                  | 2 teaspoonfuls honey.    |
| 1 pint water.            | 2 tablespoonfuls butter. |
| 12 peppercorns.          | 3 tablespoonfuls whole   |
| Bit of bay leaf.         | wheat flour.             |
|                          | 1 slice onion.           |

Cook tomatoes, water, seasonings and honey for twenty minutes. Strain. Cook butter and flour together. Bind and strain. Serve.

### A GOOD SOUP

A quart of water in which cabbage has been cooked, two medium-sized carrots, one grated onion. Thicken with one tablespoon of whole wheat flour or brown rice, add a pint of milk and serve.

## PUREES

## PURÉE OF ASPARAGUS

Wash one bunch of asparagus well and let it cook slowly in about one quart of water for forty-five minutes. Take out, cut off tips and set them aside. Put stalks through colander. Add one pint of milk or cream and the water in which the asparagus cooked. Replace on fire and add one tablespoon of whole wheat bread crumbs, one tablespoon of butter, celery salt to taste and stir until it boils. Then add tips. Remove and serve with whole wheat croutons, if desired.

## NAVY BEAN PURÉE

- |                           |                   |
|---------------------------|-------------------|
| 1 pint navy beans.        | Lump of butter.   |
| 4 or 5 tomatoes (cut up). | Milk (warm).      |
| 1 small onion (cut up).   | Parsley (minced). |
| Celery salt.              |                   |

Soak beans overnight. Cook in water to cover until nearly tender. Add tomatoes and onion. Put through colander. Add onions, butter and milk. Garnish with minced parsley. Serve.

## CHESTNUT PURÉE

Put steamed chestnuts through the colander. Add cream, or milk, and butter. Stir well. Heat in a double boiler or steamer.

## PURÉE OF SPLIT PEAS

- |                    |                            |
|--------------------|----------------------------|
| 1 cup split peas.  | 2 tablespoonfuls graham or |
| 1 cup sweet cream. | whole wheat flour.         |
| Celery salt.       |                            |

Soak peas over night. Cook slowly for two hours in cold water. Put through colander. Heat the sweet cream, stirring into it the flour and celery salt to taste. As it begins to thicken, add the peas, stirring well. Serve.

## A LEGUME PURÉE

1 cup peas.	3 cupfuls milk.
1 cup lentils.	1 tablespoon whole wheat
1 cup beans.	bread crumbs.
1 onion (cut fine).	Lump of butter.
1 cup tomato pulp.	Celery salt.

Wash thoroughly and soak over night in hot water peas, lentils and beans. Add onion and cook until tender. Press through sieve. Add tomato pulp, milk and bread crumbs. Season with butter and celery salt. Serve.

## MRS. MERRILL'S LENTIL SOUP

Wash very thoroughly one cup of lentils. Soak over night in about two quarts of water. In the morning add one medium-sized onion, one-half to three-fourths of a bunch of celery, cut fine, one medium-sized potato sliced, a pinch of celery salt. Cook for two hours in a fireless cooker or in a waterless cooker. Then, if you wish, remove the onion. Use a wooden pestle to mash up the ingredients so as to form a sort of purée. This makes a delicious and nutritious soup.

## PURÉE OF SPINACH

Wash spinach very thoroughly. Steam or use waterless cooker. Put through sieve and add two ounces of butter and a tablespoon of cream. Season with nutmeg, if desired. Swiss chard may be used with the spinach.

## TOMATO PURÉE

8 or 10 tomatoes.	2 tablespoonfuls butter.
1 large onion (cut up fine).	1 tablespoon whole wheat flour.
Celery salt.	2 cupfuls milk.
	Honey.

Cook tomatoes and onion for about thirty minutes. Press through sieve. Reheat, seasoning with celery

salt and honey. Rub butter and flour to paste. Then add milk slowly, stirring constantly. Combine, reheat and serve.

## VEGETABLE SOUPS

### *About Vegetable Soups:*

A small piece of bay leaf and a pinch of sage put in with the vegetables add much to the flavor.

To enrich the flavor of vegetable soups throw five or six dried olives in and let cook with the soup. Remove when soup is ready to serve.

1

Prepare the same as for vegetable broth only the vegetables are peeled, cut fine and then left in the liquid. Add olive oil before serving. (For Vegetable Broth, see pages 320, 321.)

2

Put in a soup kettle one-fourth pound of cabbage unshredded, two whole carrots, some young carrot tops, one or two onions, one potato, celery; one tomato and one-fourth pound of string beans. Cook slowly for about an hour and a half. Add either butter or oil and a sprig of parsley in the last few minutes of cooking. If a more meaty flavor is desired, add one tablespoonful of chop suey or soy bean sauce and bring to boiling point before serving.

3

Cabbage.  
Carrots.  
Parsley.  
Turnips.

Parsnips.  
Onions.  
Celery or celery root.  
Potatoes (Irish).

Mince the above vegetables or cut them up small and cook in water to cover. Add brown rice. When the rice is tender, serve.

4

Take equal parts of four or five of the following vegetables: Potatoes, turnips, carrots, parsnips, cab-



bage, spinach, onions, okra, green peas, corn or beans. Run the vegetables through a grinder or chop very fine. Put to cook with enough water to prevent burning, and, when tender, reduce to the consistency of soup by adding boiling water. Season with butter, green peppers, parsley or garlic.

## 5

Take three pieces of celery and one good-sized onion, also one tablespoon of oil. Cut in fine pieces and cook in two cupfuls of water until tender. Do not put oil in until the water boils. Then add two medium-sized carrots, one green pepper, two tomatoes, a few pieces of parsley, one-quarter head of cabbage, all cut in small pieces. Cook slowly until tender. Then add a cube of butter and serve.

## 6

Select as many varieties of vegetables as convenient. Clean and cut in small pieces, leaving on the skins. Cook in cold water until tender and season with raw peanut butter, olive oil, or soy sauce.

## 7

1/3 cup carrot.  
1/3 cup turnip.  
1/2 cup celery.  
1 1/2 cupfuls potato.  
1/2 onion.

1 quart water.  
5 tablespoonfuls butter.  
1/2 tablespoon finely  
chopped parsley.  
Celery salt.

Paprika.

Wash and scrape a small carrot, half a turnip, potatoes and celery. Cut up fine. Measure according to recipe. Cut onion in fine slices. Mix carrots, turnips and onions with four tablespoonfuls butter. Cook for ten minutes, stirring constantly. Add potatoes and cook for two or three minutes. Add water. Steam in Health Ware kettle one hour or less. Add remaining butter and minced parsley. Season with celery salt and paprika. Serve.

## 8

## A REAL VEGETABLE SOUP

- |                            |                           |
|----------------------------|---------------------------|
| 1 large onion.             | 1 pint shell beans or any |
| 3 whole fresh tomatoes.    | green beans.              |
| 1 bunch celery.            | 1 Italian squash (peeled  |
| Outside leaves of lettuce. | and cut in cubes).        |
| 1 potato, cut in cubes.    |                           |

Start this soup by mincing the onion and lightly browning it in a soup kettle with three tablespoonfuls of olive oil. Add tomatoes and let simmer a few minutes. Add a quart of boiling water. Then the celery, chopped fine—leaves, stalks and all, lettuce shredded, beans shelled or, if green beans, cut up in small pieces. Lastly, when the other vegetables are about tender, add the potato and Italian squash, as they will cook in less than twenty minutes. Season to taste. When ready to serve a teaspoon of grated parmesan cheese added to each plate is a finishing touch.

This soup is a good meal in itself with whole wheat or rye bread. (Whatever vegetables are in season may be used. Carrots, cabbage, Swiss chard or spinach may be used in place of lettuce.)

## 9

- |                        |                                 |
|------------------------|---------------------------------|
| 4 onions.              | 3 sprigs parsley, minced.       |
| 2 potatoes.            | 1 green pepper.                 |
| 8 tomatoes or more.    | $\frac{1}{2}$ cup shelled peas. |
| 2 beets and beet tops. | 1 clove of mashed garlic.       |
| 3 sticks of celery and | 3 tablespoonfuls olive or       |
| celery tops.           | Wesson oil.                     |
| 1 tablespoon butter.   |                                 |

Cut vegetables into cubes. Cover with cold water. Add seasoning. Cook for one hour or longer.

## 10

- |  |                     |
|--|---------------------|
| 2 carrots.                                   | 3 California summer |
| 1 bunch spinach.                             | squash.             |
| Cube carrots and squash. Steam until tender. |                     |

Steam the spinach. When vegetables are cooked put all through a colander and add milk to thin. Season with celery salt, if desired.

Beet tops, turnip tops or celery leaves may be used in this way. Navy beans make a delicious base for this soup with a bit of onion. Cauliflower or string beans or green peas—in fact, all vegetables may be used very successfully.

Serve with whole wheat toast cut up in cubes, if desired.

### SOUP GARNISHES

Serve soups, hot or cold, with celery, radishes, green onions, lettuce, whole wheat toast, crackers, or with any of the following: Croutons, bread sticks, cheese sticks, etc.

*Bread Sticks:* Cut whole wheat bread one-half inch thick and three or four inches long. Toast. Serve with soup.

*Cheese Sticks:* Cut whole wheat bread sticks in halves lengthwise. Spread with butter and roll in grated cheese seasoned with celery salt and paprika. Bake until delicately brown.

*Croutons:* Cut slices of stale whole wheat bread into any desired shapes (diced or strips). Dry them slowly in a warm oven until of a light tan color for legume soups. For cream soups serve them crisp, but not brown.

Roll lettuce leaves in tight rolls and shred. Drop loosely into plates of hot soup as served.

If whole wheat pie crust is left over, cut it into odd shapes, bake and drop into soup.

## CREAM SOUP STICKS

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1 large tablespoon oil.              | 3 tablespoonfuls chopped            |
| $\frac{1}{2}$ cup whole wheat pastry | nuts.                               |
| flour.                               | $\frac{1}{4}$ teaspoon grated lemon |
| 1 cup boiling water.                 | rind (may omit).                    |
| $\frac{3}{8}$ teaspoon celery salt.  |                                     |

Heat oil in saucepan until hot. Add half the flour and rub to a paste. Slowly add boiling water, stirring constantly. Add remaining flour dry. When smooth and creamy remove from fire, cool and stir in nuts, celery salt and lemon rind. When very cold shape into four-inch sticks of one-half inch or more in diameter. Roll in whole wheat cracker crumbs or zwieback. Then dip in beaten egg to which a tablespoonful of water has been added and again in crumbs. Place in oiled pans with spaces in between. Set in a cool place until just before serving. Then bake in a quick oven until a light brown. Serve at once (oven must be quick and sticks not baked too long).

## CHAPTER XIII

### CEREALS AND THEIR BY-PRODUCTS

#### *About Cereals:*

Use whole grain cereals only.

To sweeten cereals use sliced dates, chopped figs, or raisins.

A little honey may be used as a sweetener.

Serve with nut cream or with dairy cream, if desired. (Cream not necessary.)

Steam cereals, using the Cary Health Cooker, a fireless cooker, double boiler or some similar utensil.

#### TO PREPARE CEREALS

1. The most important thing is to have the water heated to the bubbling boiling point.

2. Sprinkle the cereal in so slowly as not to stop the boiling, stirring constantly. Let it boil up well.

3. Then set it in the steamer in which the water should be boiling. Keep it cooking rapidly.

4. Do not stir after it thickens.

#### CEREAL SUGGESTIONS

Whole barley and raisins.

Graham, oatmeal or any porridge plus blanched almonds, walnuts or pecans, plus dates, figs or raisins. (Neither cream nor any other sweetening agents necessary.)

Any steamed cereals may be warmed and served with a cream sauce, gravy or any desired sauce.

#### PARCHED CORN

Put dried sweet corn in a popper or in an iron pan. Cover and shake over the fire until the grains become

puffed up nearly round and brown. Chew it until it is fine and creamy. It is an ideal cereal food.

Corn meal may be parched in the same way, if desired. The sweet corn may be ground up after it is parched and served with hot or cold milk, etc.

Cereals, in order of importance, are: (1) Rice; (2) cracked wheat; (3) corn meal; (4) oatmeal; (5) barley; (6) rye.

### TO POP CORN

Wet the corn slightly and let dry on the stove. Put it in the popper while it is hot. In four minutes every kernel should be popped and tender. (Pop-corn may be used as a garnish in corn soups.) Serve plain with nuts, cream or milk, or sprinkle with a little oil or melted butter.

### TOASTED WHEAT

Put wheat in a pan and slightly brown it in a moderate oven for a few minutes. Put it through the coarse grinder. Use one cup of wheat to three cupfuls of water. Steam for thirty minutes. Serve with nut or dairy cream. (Raisins may be used, if desired.)

### CEREAL WITH DRIED FRUIT

$\frac{3}{4}$ cup fine whole wheat	2 cupfuls boiling water.
breakfast food.	$\frac{1}{2}$ lb dates, stoned and cut
$\frac{3}{4}$ cup cold water.	in pieces (or figs).

Mix cereal and cold water. Add boiling water to cereal. Let cook five minutes. Then steam in double boiler thirty minutes. Stir in dates and serve with cream. To serve for breakfast or as a simple dessert. (Any whole grain cereal may be used.)

### HOMINY

One cup hominy to three and one-half cupfuls boiling water. Steam. Serve with milk or cream and honey to taste.

### WHEAT SPROUTS

Place whole grain wheat in a pan. Cover with

water and allow to sprout (takes about two days if kept in a warm place).

Add a bit of honey and a few raisins. Use as a bread or cereal. Very nourishing.

#### CEREAL DE LUXE

One cupful cracked wheat, or other whole grained cereal, one small onion chopped, one tablespoon chopped parsley, one teaspoon whole flaxseed, one clove garlic, if desired. Steam all in double boiler for two hours with enough water to cover and keep moist. Serve with butter or with olive oil.

#### CRACKED WHEAT

Brown in a moderate oven a quantity of cracked wheat, sprinkle into a saucepan of boiling water and cook for thirty minutes (preferably in double boiler). Cream or cocoanut butter may be added.

#### WHOLE WHEAT CEREAL

Cover quantity desired for use with water and steam cook one hour or ten minutes in the pressure cooker. Flavor with milk or cream and sweeten with honey. This makes probably the most nutritious dish of all the cereal family. A few dried dates cut up and cooked with the wheat make a delicious sweetening.

#### STEAMED WHEAT

Take a cupful of whole wheat and soak for several hours or over night. Soak only in as much water as the wheat will absorb. Put it into a fine wire sieve and place the sieve over a kettle of boiling water, covering the pot so the steam will pass through the sieve. One minute of steaming is all that will be necessary to give the wheat a most delicious flavor and taste. Eat with oil or cream, or with ground nuts.

Oatmeal, cracked wheat, brown rice, steamed with figs, dates or raisins and served with cream and honey are delicious.



## BREADS

*About Baking Powder and Baking Soda:*

The recipes given for the various grain products include only yeast, as I do not approve of baking powder and soda. It would be better if all bread stuffs and every other grain food were made without yeast.

The function of soda and of baking powder is to increase the "lightness" and the "fluffiness" of the bread, thereby making it softer. Its very softness prevents normal digestion and mastication.

It would be infinitely better for the teeth, the gums and the entire digestive system if all our bread stuffs had a cracker-like hardness. We are suffering too much from underexercise of the teeth structure.

Not only do I object to Baking Powder and to Baking Soda because of their effect on the bread stuff, but also because of the residue that remains. After the carbon dioxide has escaped during the baking process, Rochelle Salts remain. Literally, every time one eats a product containing Baking Powder one is taking a dose of Rochelle Salts. The same is true of Baking Soda, except that the residue chemical is slightly changed.

Therefore, if you still insist upon using Baking Soda and Baking Powder, do so, but I extend the warning to you that they are injurious.

P. M. L.

*About Breads:*

A grain of wheat consists of:

1. An outer coating or husk. This is always removed before milling.
2. Bran coat—contains cellulose and mineral matters.
3. Gluten—proteid matter.
4. Starch—center and largest part of grain.

Entire whole wheat has only the outer husk removed—the rest of the kernel is finely ground and left unbolted.

#### CARE OF BREAD

If crisp crust is desired, cool bread without covering.

If soft crust is desired, cover bread with towel during cooling.

Keep in tin box or stone jar. Cover closely.

Never keep bread wrapped in cloth.

Keep bread tins or jars clean (washed and scalded frequently) or bread may mould.

#### USES FOR STALE BREAD

Save all stale bread.

1. Large pieces for toast.

2. Remainder may be dried in oven, rolled or put through grinder and kept in glass jars for loaves, croquettes, etc.

#### DRY TOAST

Cut stale bread in quarter-inch slices. Place in top oven (moderate fire). Let dry through. Turn and dry other side until of a golden brown on each side.

#### BREAD FOR GARNISHING

Cut bread in desired shapes before toasting. (Cubes, points, oblong, animal forms, etc.) Toast through as for dry toast.

#### LEAVENED BREADS

The use of yeast is preferable to the use of baking powder or soda but breads made without any of these are best.

#### HEALTH FOOD DATE BREAD

1 cup warm wheat porridge.

$\frac{1}{4}$  cup brown sugar.

1 tablespoon butter.

$\frac{1}{4}$  yeast cake.

$2\frac{1}{4}$  cupfuls flour.

Mix porridge, sugar and butter. Add yeast cake dissolved in lukewarm water and flour. Knead. Cover and let rise over night. In the morning add two-thirds cup each of chopped nut meats and cut-up dates. Shape into a loaf. Let rise in pan and bake fifty minutes in a moderate oven. Good sandwich bread. May be baked in buttered muffin pans.

### WHOLE WHEAT BREAD

#### 1

Take two cupfuls of milk and two cupfuls of boiling water. Mix. When mixture is blood warm add one-half cake yeast dissolved in one-quarter cup of lukewarm water. Stir in a quart of whole wheat flour or enough to make a good batter. Beat hard for five minutes—then add enough whole wheat flour to make a stiff dough that may be handled. Knead ten minutes, then set aside for three hours or more until light. Knead again for five minutes. Make into loaves and set to rise. Bake forty-five to sixty minutes. Nuts may be added, if desired.

#### 2

2 cupfuls scalded milk.	1 yeast cake.
$\frac{1}{4}$ cup brown sugar or less of honey.	$4\frac{2}{3}$ cupfuls coarse whole wheat flour.

Dissolve yeast cake in one-fourth cup lukewarm water. Add sugar or honey to scalded milk. When lukewarm add yeast and flour. Beat well, cover and let rise until it is double in size. Beat again and fill buttered bread pans one-half full. Let rise to not quite double its size this time. Bake. If desired, use gem pans.

### WHEAT BREAD

3 pounds whole wheat flour.	3 cupfuls oats.
1 cake fresh yeast.	1 full tablespoon honey or
1 pint sour milk.	brown sugar.

Dissolve yeast in a cup of warm water. Mix all together in a large bowl. Add enough warm water to make a soft dough. Knead well, cover with a cloth and let stand twelve hours before baking. Keep the dough in a warm place while standing. In the morning flour your hands and form the dough into loaves. Let it rise from one-half hour to three-quarters. Then bake in a slow oven for about forty-five minutes or more. As soon as the bread is taken from the oven, brush the top lightly with cold water or with butter. This will keep the crust soft.

### UNLEAVENED BREADS

“Unleavened breads are those made light without the use of yeast, baking powder or soda. They are, if properly made, the most wholesome of all breads, for they retain the natural sweetness of the grain, which is, more or less, lost in the process of fermentation that takes place in the leavened bread.”

To make unleavened bread successfully:

1. Use the best whole wheat flour.
2. Have the ingredients nearly ice cold.
3. Let bread stand in a cold place before baking for from an hour to twelve hours.
4. Do not have oven hot when bread is first put in.
5. Iron pans are best for they give a firm, steady heat. Next best are earthen custard cups.
6. Heat flour in oven before putting hot water over it. Have a firm, even heat.
7. Bake in small loaves so as to bake thoroughly dry.

“The Universal Bread Maker greatly facilitates bread making in the home.” It may be clamped to a table.

Nuts and nut products should be used instead of dairy products.

Heat the utensil which holds the shortening if it is hard to cream. Do not heat the shortening.

Bread and cake will rise more easily if put in a cool oven with heat turned on gradually.

Salt is omitted in all bread recipes.

### CARQUÉ'S UNFERMENTED WHOLE WHEAT BREAD

$\frac{1}{2}$  cup olive oil.

$1\frac{1}{4}$  cupfuls water.

7 cupfuls (2 pounds) whole wheat flour, or sufficient to make a stiff dough.

Beat the oil steadily, adding the water a little at a time until an emulsion is formed resembling the beaten whites of eggs. When all the water has been added, sprinkle the flour, very quickly, over the entire emulsion, so as to hold all the air confined in the mixture. Make a stiff dough; knead thoroughly until smooth and elastic. Let the dough stand over night, or at least a few hours, and then knead again before forming into loaves. Bake in a moderately hot oven one to one and one-half hours.

### UNLEAVENED BREAD STICKS

Mix whole wheat flour with ice cold water to a stiff consistency. Knead well for five minutes. Cut into small pieces and roll into sticks. Bake on wire pan or toaster in a hot oven. Should be light and sweet. Add raisins or cut-up dates and chopped nuts, if desired.

### CARQUÉ'S UNLEAVENED FRUIT BREAD

2 cupfuls water.

$\frac{1}{2}$  cup pitted dates, chopped fine.

1 cup cracker wheat.

1 cup seedless raisins.

$\frac{1}{2}$  cup figs, chopped fine.

$\frac{1}{2}$  cup honey.

1 cup nut cream or butter.

Soak the wheat in water over night; add the other ingredients in the morning and thoroughly mix them together. Steam for about two hours; then shape into loaves of convenient size and bake in a moderately hot oven for about thirty minutes, until dry.

#### BROWN BREAD

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1 cup corn meal.                  | 2 cupfuls water or ( $2\frac{1}{2}$ |
| $\frac{3}{4}$ cup Grapola, or     | cupfuls water if sugar              |
| $\frac{1}{2}$ cup of brown sugar. | is used).                           |
| $\frac{1}{2}$ cup rye meal.       |                                     |

Mix and steam for three hours.

#### PERKIN'S BROWN BREAD

- |                       |                                      |
|-----------------------|--------------------------------------|
| 4 cupfuls corn meal.  | $1\frac{1}{2}$ cupfuls molasses (try |
| 4 cupfuls rye.        | Grapola in place of                  |
| 4 cupfuls cold water. | molasses).                           |
| 6 eggs.               | 2 tablespoonfuls oil.                |

Chopped raisins or chopped nuts or cut-up prunes that have been soaked (if desired).

Mix water, molasses, oil and yolks. Add the mixed flours and, lastly, the stiffly-beaten whites of eggs. Steam for three hours. Bake in a slow oven for one-half hour.

One quart of thin cream may be used instead of any water or oil.

#### CARQUÉ'S STEAMED BROWN BREAD

- |                           |                            |
|---------------------------|----------------------------|
| 1 cup raw sugar.          | 1 cup whole wheat flour.   |
| 2 cupfuls thin nut cream. | 2 cupfuls whole corn meal. |

Heat the nut cream slightly in the steamer. Then add the corn meal and raw sugar, and finally mix in the whole wheat flour. Steam for several hours; then put into cans and place in moderately hot oven to brown for a little while.



## SWEET POTATO BREAD

- |                                    |   |
|------------------------------------|---|
| 3 large sweet potatoes<br>(baked). | 1½ level tablespoonfuls<br>butter or oil. |
| 7⁄8 cup milk.                      | 1½ cupfuls corn meal.                     |
| 1 egg.                             |   |

Peel potatoes and rub through colander or rice. Add butter, meal, and beaten egg. Beat well. Bake in moderate oven from thirty to forty minutes. Serve hot.

## SCOTCH SHORT BREAD

- |                             |                       |
|-----------------------------|-----------------------|
| 1 cup butter.               | 3 cupfuls whole wheat |
| 2⁄3 cup brown sugar.        | pastry flour.         |
| 1⁄2 ounce blanched almonds. | Egg yolk, beaten.     |
| Caraway seeds.              |                       |

Cream butter and sugar. Mix in flour and almonds. Put buttered paper in pan. Pour in mixture. Press down to thickness of three-fourths inch. Brush with egg yolk and sprinkle with caraway seeds. Crease in squares and bake for one-half hour at 375° F.

## CORN BREAD

- |                        |                          |
|------------------------|--------------------------|
| 2 cupfuls yellow meal. | 2¼ cupfuls boiling water |
| 1¼ tablespoonfuls oil. | (or less).               |
| 1 egg.                 |                          |

Pour boiling water over the meal. Add oil and yolk of egg. Cool, add the beaten white and bake in an oiled pan.

## CORN BREAD

Over one quart corn meal pour one pint boiling water. Add a pint sweet milk and stir to smooth batter. On a hot griddle drop large spoonfuls in separate cakes. Let stand until lower crusts are started. Then place griddle on top grate in a hot oven. Let bake for one-half hour.

## WATER CORN BREAD

- |                  |                      |
|------------------|----------------------|
| 1 cup corn meal. | ¾ cup boiling water. |
|------------------|----------------------|

Spread at once, thin, on a *hot* griddle. Bake in a hot oven. Serve hot.



## CORN BREAD

3 eggs.	3 tablespoonfuls oil.
3 cupfuls corn meal.	1 tablespoon honey.

Pour on meal enough boiling water to make a thick paste. Beat and thin with enough cold water to make a thin but firm batter. Add egg yolks, oil, honey. Beat well. Fold in stiffly-beaten egg whites. Bake in shallow pan. Put in hot oven. Lower blaze and cook one hour. If made correctly this will be light and fluffy.

## FAIRY GINGERBREAD

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup milk.
1 cup brown sugar.	$1\frac{7}{8}$ cupfuls bread flour.
2 teaspoonfuls ginger.	

Cream butter. Add sugar gradually, and milk very slowly. Mix flour and ginger together. Sift them and combine with the other ingredients. Spread very thinly with a broad long-bladed knife on a buttered dripping pan. Bake in a moderate oven. Cut in squares before removing from pan.

Turn pan frequently as baking progresses so that bread may be evenly baked. If edges bake first cut them off and return the rest to the oven to finish baking.

## CHRISTMAS GINGERBREAD

1 pound whole wheat	1 cup brown sugar or honey.
pastry flour.	1 tablespoon ginger.
$\frac{1}{2}$ pound butter.	Grapola.

Mix flour, sugar, ginger. Work in the butter, using tips of fingers. Add just enough Grapola to hold ingredients together. Let stand over night to get thoroughly chilled. Roll out very thin. Shape in various forms. Bake in a moderate oven.

Grapola is a raisin syrup made by Carqué Pure Food Company in Los Angeles. We use it instead of molasses.

## STICKS

## I

Take about one and one-half tablespoonfuls oil to each cup of flour. Use water enough for a stiff dough. Roll to about size of pencil. Cut in five to seven-inch lengths. Let stand in cold place. Bake. Serve dainty sticks with soups or with salads.

## PORRIDGE STICKS

## 2

- |                                    |   |
|------------------------------------|---|
| 1 cup cold thick oatmeal porridge. | $\frac{1}{2}$ cup graham flour.           |
| 1 tablespoon oil.                  | $1\frac{1}{4}$ cupfuls whole wheat flour. |

Mix and knead thoroughly. Dough must be very stiff.

## GEMS, MUFFINS, CRACKERS, ETC.

*About Gems:*

1. Materials and utensils must be cold.
2. Must be baked in irons.
3. Beat batter (do not stir, as it drives out air).
4. Keep batter in cool place or in ice-box.
5. Warm iron pans a little before putting in batter.

Slow oven.

If using gas stove—use one burner, at first, turned very low. Later increase heat, to brown gems. Then lower it again. Be sure gems are baked through. Unleavened breads may be served warm. If skimmed milk is used, add two tablespoonfuls oil to each quart skimmed milk.

Gems may be eaten with pure maple syrup.

## WHOLE WHEAT GEMS

## I

- |  |                       |
|--|-----------------------|
| 1 cup nut meal.  | 2 cupfuls cold water. |
| 3 cupfuls whole wheat flour, or sufficient to make a batter. |                       |

Thoroughly mix the ingredients and beat the batter for ten minutes; then put into hot gem irons and bake for about forty minutes.

2

3 cupfuls whole wheat flour.  $\frac{1}{2}$  cup milk.  
2 cupfuls cold water.

Mix well together. Heat gem pans hot in top of stove. Fill them even-full with batter. Place on grate of very hot oven for ten minutes. Then place in bottom of oven for thirty minutes. It is important that oven be very hot and that gem pans be very hot and that acorn gem pans be used. They are brown. Beating is not necessary. Gems should be very light and can be eaten hot or cold. They are very good used as toast or for pudding. Graham gems may be made by substituting graham flour for whole wheat.

#### WHOLE WHEAT OR GRAHAM GEMS

$1\frac{1}{2}$  cupfuls milk.                      Flour (one or the other  
1 egg.                                      for drop batter).

Graham batter should not be as stiff as whole wheat. Two tablespoonfuls of oil to one quart of skimmed milk is equivalent to whole milk. Three eggs may be used to a quart of milk. Gems may be made without eggs; they then require more beating and placing in cold place for a longer time. The oven, too, should be warmer.

#### BROWN GEMS

Mix with water equal quantities of rye and Indian corn meal. Beat for about fifteen minutes or until creamy. Bake in thin cakes in flat gem pans.

#### CRUMB GEMS

1 quart skimmed milk.                      1 cup fine whole wheat  
2 tablespoonfuls oil.                      zwieback crumbs.  
2 eggs.

Graham flour for thin batter. If whole milk is used, omit oil.

### FRUIT AND NUT GEMS

Add cut-up seedless raisins, figs or dates with any gem batter. Add chopped nuts alone or with fruit.

### OATMEAL AND GRAHAM GEMS

Mix equal parts of graham and finely ground whole oatmeal into a thick batter, using equal parts of milk and water. Fill hot gem pans. Bake in hot oven. Should be sweet and tender.

#### GEMS

1 cup entire wheat flour.      1 cup cold water.

Add water gradually to flour and beat with egg beater until very light. Turn into hissing hot buttered iron gem pans and bake for half an hour or so in a hot oven. May be baked in buttered earthen cups. Small, round iron gem pans are best.

### SWEET GRAHAM CRACKERS

2 cupfuls graham flour.       $\frac{1}{2}$  cup butter or oil.  
2 cupfuls whole wheat flour.       $\frac{1}{4}$  cup brown sugar or honey  
Cold water for stiff dough.      (if desired).

Mix well together, run through food grinder (using finest cutter) five or six times. Roll out about one-eighth-inch thick. Prick with fork. Cut into desired shapes. Set in cold place for two hours or more. Bake in moderate oven. Dough may be kneaded instead of using food grinder.

### HEALTH CRACKERS

One sifter whole wheat flour, one teacup of pure olive oil. Milk. Mix the flour and oil and work the mixture well as for a pie-crust; add enough milk to make a stiff dough. Cut off a piece the size of an egg, roll thin as possible and bake to golden brown.

### OATMEAL CRACKERS

1 pound oatmeal      1 cup nut meal.  
(2 cupfuls).      2 tablespoonfuls honey or  
2 cupfuls water.      raw sugar.

Mix together water, nut meal and honey, and knead in the oatmeal. Work the dough thoroughly for ten minutes and roll out until about three-eighths-inch thick. Cut into pieces one inch wide and two inches long. Bake until dry all through, but not too brown.

#### DAINTY CRACKERS

- |                            |                                    |
|----------------------------|------------------------------------|
| 1 egg white, beaten stiff. | 1 cup brown sugar or honey.        |
| 1 cup chopped walnuts.     | $\frac{1}{2}$ cup chopped raisins. |

Mix and spread on Cubbison's whole wheat crackers and brown in oven.

#### CRACKERS WITH NUTS

Brush any baked crackers with beaten white of egg and spread with chopped or ground nuts. Put in oven to dry. Serve with fruit or vegetable salads.

#### GRAHAM BISCUITS

Into boiling hot water stir graham flour, making a very thick mush. Then remove from stove and knead more graham flour into it. Roll out about one inch thick. Cut into biscuits. Bake in hot oven.

#### GRAHAM MUFFINS

- |                  |                        |
|------------------|------------------------|
| 1 pint new milk. | 1 pint graham or whole |
| 1 egg.           | wheat flour.           |

Stir milk and flour together. Add the beaten eggs. Bake in any kind of muffin or gem pans.

#### SWEET POTATO MUFFINS

Mix well one cup mashed, steamed sweet potatoes, two well-beaten eggs, three tablespoonfuls honey. Then add one cup milk, two cupfuls whole wheat pastry flour, one flat tablespoon melted butter. If desired, add chopped raisins or chopped nuts, or both. Beat well. Bake in muffin pans in a moderate oven for about twenty minutes.

### GRAHAM CRISPS

Put a cup of ice water into a cold bowl. Agitate the water until full of bubbles and sprinkle in the cold graham flour (as for gems) until batter is too stiff to beat. Then place on a cold floured board and knead, using as little flour as possible, until very stiff. (About three cupfuls may be taken up.) Set in ice-box to cool. Then separate into small pieces. Roll as thin as paper. When all are rolled, place on grate of oven or on perforated pans. Turn often while baking to a delicate brown. Serve whole or broken.

This is one of the best ways to prepare unleavened bread. It is delicate, digestible and crisp.

### CREAM CRISPS

Use thin cream instead of water, as in Graham Crisps. Bake in a slower oven. Whole wheat flour may be used with the cream instead of graham.

### COCOANUT CRISPS

Use equal quantities of cocoanut and whole wheat pastry flour with water or milk as the liquid.

### NUT STRAWS

Equal quantities of any nut meal and whole wheat pastry flour, or two-thirds nut meal and one-third flour (richer). Add just enough ice water to make particles hold together. Roll without kneading to about one-fourth-inch thickness.

Cut into strips one-fourth-inch wide and from five to eight inches long. Bake to cream color in quick oven. Serve with salads.

### RICE

#### *About Rice:*

Use only the unpeeled, unpolished or brown rice. Polishing devitalizes it—renders it deficient in vitamins and organic salts.



To wash rice, rinse in several waters (rubbing it between the hands) until clean. Soak over night.

For Rice Puddings, see pages 386, 392, 393.

For other rice recipes, see pages 369, 407, 408.

### RICE—JAPANESE METHOD

#### 1

Wash well. Parboil in three times its bulk of boiling water. Stir it until it swells up in the rapidly boiling water. Then place in steam kettle or waterless cooker until tender. Do not stir after it begins to swell.

#### 2

Wash and soak rice over night. Drain and put in steamer with an equal quantity of boiling water. Keep closely covered all the time.

### RICE—CHINESE WAY

Wash. Let it boil up well in double its bulk of water. If water is not all absorbed, drain it, cover securely (as in waterless cooker), return to fire and let steam gently. When ready to serve stir carefully with a wooden skewer.

### STEAMED RICE

Wash well. Soak one cup of rice in one and one-fourth cupfuls of warm water for an hour or more. To this add one cup of milk and steam without stirring for an hour. Serve at once or keep tightly covered until ready to serve.

## RICE RECIPES

### RICE CHEESE AU GRATIN

Steam one cup brown rice, allowing one tablespoon celery salt. Cover bottom of buttered pudding dish with rice, dot over with three-fourths tablespoon butter, sprinkle with thin shavings of mild cheese and a



few grains paprika. Repeat until rice and one-fourth pound cheese are used. Add milk to half the depth of contents of dish. Cover with buttered cracker crumbs and bake until cheese melts.

#### CHEESE CREAM WITH RICE ON TOAST

Heat two tablespoonfuls butter. Stir into it one smooth tablespoon garvanza meal or whole wheat flour, then two tablespoonfuls cream and one cup steamed rice. When this comes to a boil, add one small cup of grated cheese. Serve on whole wheat toast, sprinkle with either paprika, nutmeg or cinnamon.

#### EGGS ON RICE

Oil a baking dish; fill half full of seasoned steamed rice. Make as many depressions in the rice as there are people to be served. Break an egg into each of them, sprinkle with celery salt and add bits of butter. Bake until eggs are set.

#### EMPRESS RICE

Wash well one cup unpolished rice. Steam in a cup of milk until tender. Add a lump of butter size of walnut and one-half cup of chopped nut meats. Let cool. Use a buttered baking dish. Place in it a layer of rice. Over this sprinkle thickly grated cheese until dish is filled. Over this pour a cup of milk. Bake in a moderate oven about twenty or twenty-five minutes.

#### RICE AU GRATIN

Chop an onion fine. Brown in one-fourth pound of butter. Add four cupfuls of steamed, brown rice. Stir well together. Add one-half cup grated cheese and a sprinkle of nutmeg. Place in a buttered baking dish and pour over it plenty of tomato sauce. Bake about twenty minutes.

## RICE AND RAISINS

- |                          |                            |
|--------------------------|----------------------------|
| 3 cupfuls boiling water. | 1 cup brown rice.          |
| 1 cup sweet milk.        | $\frac{1}{2}$ cup raisins. |

Mix ingredients well together. Steam. If desired, place in molds. Serve warm or cold with cream or fruit sauce.

## RISOTTO

- |                          |                             |
|--------------------------|-----------------------------|
| 1 cup brown rice.        | 1 cup tomatoes.             |
| 2 tablespoonfuls butter. | $\frac{1}{4}$ green pepper. |
| $\frac{1}{2}$ onion.     | 3 cupfuls water.            |

$\frac{1}{2}$  pound grated cheese.

Steam rice about ten minutes. Slice onion thin. Melt butter in saucepan. Add onion and rice. Stir, and cook until butter is absorbed. Add tomatoes and water. Cook until rice is tender. Add cheese and serve.

## BAKED MEXICAN RAREBIT

- |                               |   |
|-------------------------------|---|
| 1 cup hot steamed brown rice. | 1 tablespoon finely chopped onion.          |
| 1 cup fresh steamed corn.     | $\frac{1}{2}$ pound grated cheese.          |
| 1 cup steamed tomatoes.       | $\frac{1}{2}$ green pepper cut into shreds. |
| 2 eggs, well beaten.          |   |

Season to taste.

Mix hot steamed rice, corn and beaten eggs. Add tomatoes, pepper, onion, cheese and seasoning. Turn into oiled or buttered baking dish. Sprinkle with buttered, grated bread crumbs. Bake thirty minutes in moderate oven. Serve with tomato sauce.

## SPANISH RICE

- |                          |                                 |
|--------------------------|---------------------------------|
| 1 cup brown rice.        | 2 green peppers (chopped fine). |
| 1 cup strained tomatoes. |                                 |
| 2 onions (cut fine).     | Linings of butter.              |
| Celery salt.             | 2 cupfuls of boiling water.     |

Wash thoroughly and soak rice over night. Place rice in two cupfuls of boiling water. Add tomatoes, onions and peppers. Stir and let cook until it comes to a boil. Then lower fire and let simmer slowly until tender. Season with celery salt and butter. Serve.

**STUFFED GREEN PEPPERS WITH RICE**

- |                                 |  |
|---------------------------------|--|
| 8 peppers.                      | 1 well-beaten egg.                                     |
| 1 cup steamed brown rice.       | $\frac{1}{2}$ teaspoon celery salt.                    |
| 2 tablespoonfuls melted butter. | Enough toasted bread crumbs to make right consistency. |

Cut the stems from peppers. Mix ingredients and fill peppers. Place in buttered pan and pour tomato sauce over them. Bake about one-half hour, basting with juice occasionally.

**TOMATOES AND RICE***I*

Brown together a finely cut-up onion and a tablespoon of butter or vegetable oil. Add to this six or eight tomatoes, some cut-up green onions, peeled, and one cup of steamed unpolished rice. Bake about half an hour.

*2*

Steam rice. Add a bit of honey and cinnamon. Butter baking dish. Place layer of rice. Over this place a thick layer of tomatoes that have been skinned and seasoned with parsley and minced onion. Over this place another layer of rice. Dot with butter. Bake in a moderate oven for half an hour.

**PEACHES AND RICE**

Cut peaches in half. Cook. Steam rice. Make a mound in a shallow dish. Arrange half peach over top of rice and juice around it. Serve with light cream, if desired.

**SPINACH AND RICE**

Wash thoroughly and chop three bunches of spinach. Brown two onions in oil and add one-half cup rice (unpolished) and the juice of half a lemon. Cook until rice is tender.

## MACARONI AND SPAGHETTI

### *About Macaroni:*

1. To give a delightful flavor to macaroni cook a little garlic with it—from a quarter to half a clove to a cupful of macaroni, just giving a delicate flavor.

2. A cheese flavor can be gotten with sour cream and pine nuts.

3. Mushroom sauces add much to macaroni. Other appropriate sauces are olive and nut butter, lentil gravy, a good cream sauce, cream of tomato sauce, etc.

### MACARONI AND PINE NUTS

A half cup of pine nut butter or meal added to a cream parsley sauce and served with macaroni.

### TO COOK MACARONI

Do not wash or soak it. Use eight pints of water to one pint macaroni. Put in perfectly boiling water. Stir as soon as put in and frequently afterwards until it begins to roll up. Keep over a hot fire until well swollen. Then let simmer slowly. When tender (from thirty minutes to one hour) turn into a colander and drain. Pour cold water over it or let it stand in cold water until ready to use.

### OTHER WAYS TO COOK MACARONI

If preferred, macaroni may be cooked in only four times its bulk of water, or in milk in a steamer, or in milk and water, or in a rich soup stock.

### SIMPLICITY

After draining it return to fire, add a little butter and minced parsley or a little milk or cream and butter. For variety pour hot stewed tomatoes over this.

### MACARONI WITH TOMATO SAUCE

Mix one pound of steamed macaroni with macaroni tomato sauce. Put into casserole. Sprinkle top with

whole wheat cracker crumbs. Dot with butter. Bake thirty minutes.

### MACARONI WITH TOMATO SAUCE

Steam one-half pound macaroni. Place a layer in a buttered baking dish. Cover with tomato sauce. Alternate layers until macaroni is used up. Over the top place tomato sauce, and over that a thick layer of buttered whole wheat bread crumbs. Place in oven and bake until well browned on top.

If desired, one may also sprinkle grated cheese over last layer of macaroni, as well as the tomato sauce, or instead of the tomato sauce.

### DELICIOUS MACARONI

- |                               |   |
|-------------------------------|---|
| ½ pound whole wheat macaroni. | 1 level dessertspoon whole wheat flour. |
| 1 cup milk.                   | Celery salt and paprika to taste.       |
| ½ pound American cheese.      |   |
| 2 tablespoonfuls butter.      |   |

Break the macaroni in inch lengths and drop in boiling water and cook until tender (about twenty minutes). Drain. Make a cooked cream sauce of the flour and milk. When it begins to thicken add the cheese cut in small pieces. When the cheese is melted, pour the sauce over the macaroni. Season with paprika and butter. Mix thoroughly. Put in a casserole and bake about one and one-half hours.

Whole wheat spaghetti may be substituted for macaroni.

### SPAGHETTI NONPAREIL

- |                             |  |
|-----------------------------|--|
| 2 cupfuls broken spaghetti. | 1 heaping tablespoon whole wheat flour or garvanza meal. |
| ½ cup dried mushrooms.      |  |
| 1 cup grated cheese.        | 2 tablespoonfuls butter.                                 |
| 1 cup milk.                 | 3 pimientos.   |
| 1 heaping tablespoon oil.   |  |

Wash and soak the mushrooms over night in water to cover. In the morning drain (save water) and chop

fine. Blend the flour and oil in a saucepan, adding milk, mushrooms, water in which they were soaked and the pimientos, chopped. Flavor with one teaspoon celery salt. Drop spaghetti in boiling water and cook twenty minutes. Drain and let butter melt over it. Stir. Add the sauce. Sprinkle with grated cheese just before serving.

#### SPAGHETTI MILANAISE

$\frac{1}{2}$ pound spaghetti.	2 pimientos.
1 onion.	3 tomatoes.
1 cup mushrooms.	2 tablespoonfuls butter.

Wash and soak the mushrooms over night in water to cover. In the morning drain and chop fine. Cook the onion in the butter till tender. Steam the tomatoes separately. Mix and add the pimientos, chopped fine, and the mushrooms. Simmer twenty minutes. Have the spaghetti cooking in boiling water during this twenty minutes. Drain and add to the mixture. Season to taste. Sprinkle with grated cheese and serve.

## CHAPTER XIV

### LEGUMES

#### *About Legumes:*

1. Beans, peas, lentils, peanuts, soy beans, carob belong to the legume family. (Peanuts, though classed with nuts, are true legumes.)

2. They are inexpensive and, at the same time, rich in muscle-building material.

3. Many varieties:

*Beans:*        White: both large and small.  
                  Colored: all sizes and shapes.

*Peas:*         Dry, green and yellow.  
                  Split and whole.  
                  Chick peas (Garvanza).

*Lentils:*      German or Austrian.  
                  Red or Egyptian.  
                  Rich in irons.

*Peanuts:*

*Soy Beans:* Known best in China and India.  
                  Rich in oil.  
                  Contain almost no starch.  
                  Require slow cooking to bring out flavors.  
                  Hulls are difficult to digest. Therefore, remove them by rubbing through a colander.

Soak legumes over night.

Wash thoroughly and cook in the water in which they soak.

Use distilled or soft water to aid in making legumes more digestible.



The use of steam kettles aid in bringing out the flavors of the legumes.

### LENTILS, MASHED

To wash, place in colander. Wash well by pouring cold water over the lentils until they are clean. Put in a pan. Cover with boiling water. Let cook fast for five minutes or so. Then place in steam kettle over a slow fire until lentils are thoroughly dried out. Add a little water and rub through a fine colander, a few at a time, with a potato masher. Beat until smooth and creamy. Return to steamer and keep hot until time to serve. Serve with any preferred sauce.

### MASHED BEANS OR PEAS

Prepare as for Lentils.

### LENTIL PIE

1

Fill baking dish with mashed lentils. Over the top put a thick crust of mashed potato, seasoned with minced parsley, or onion and butter. Brown in oven. Serve with sauce.

2

Flavor mashed lentils with minced onion and sage. Fill baking dish. Cover with a crust the same as is made for shortcake. (See Shortcake, pages 375, 376, 377.) Serve with sauce.

### BAKED BEANS

Wash beans. Place in bean jar in boiling water—three cupfuls of water to every cup of beans. Have oven hot until beans boil. Then turn fire low and let beans simmer for from twelve to twenty-four hours. Do not stir after they begin to break. In adding water, pour it slowly over the top, boiling hot. When served

they should be juicy but not too wet. *Bake* very slowly so as to bring out the flavor.

### CABBAGE LEAF ROLLS—LEGUMES

- |                                  |   |
|----------------------------------|---|
| 1 cup brown rice (steamed).      | 1 cup lentils (steamed).                                |
| 2 tablespoonfuls raw nut butter. | Onion (chopped), sage, celery salt, tomato, if desired. |
| 1 loose head of cabbage.         |   |

Remove cabbage leaves from head. Pour boiling water over and let stand for half hour. Rinse with cold water and drain. Mix ingredients smooth, adding a little of the water in which lentils or rice cooked, if any. Otherwise use vegetable stock. Put a tablespoon of this mixture in the center of each leaf. Fold the sides over and tuck in. Pack close in layers in baking dish. Pour vegetable stock or barley water to cover over all. Cover and bake in a moderate oven for nearly one hour. Drain and make a sauce with the liquid poured off. Serve with this sauce.

### A LEGUME SALAD

Steam beans and peas of various colors, separately, if desired. Mash through colander. Press into oblong dish or mold in layers or however desired. Press down close, set in a cold place till firm. Unmold and cut in cubes for salad. On individual salad plates make a rail fence of cucumbers sliced lengthwise or of celery stalks, cut in lengthwise sticks. Fill with cubed legumes. Serve with mayonnaise.

Suggestions for additional legume salad combinations:

1. Baked beans and shredded cabbage.
2. Beans and tomatoes.

### *About the Soy Bean:*

The soy bean is very important in the Orient.

When three-fourths grown it makes a nutritious green vegetable known as "bean sprouts."

Products of soy beans are soy bean flour, soy bean milk, soy bean cheese (tofu), soy sauce, soy bean oil, sprouts, etc.

Soy bean products can be bought at Japanese and Chinese grocery stores.

#### SOY ROLL OR BREAD

Use any whole wheat bread recipe, substituting one-fourth soy flour for the usual amount of wheat flour.

#### SOY BEAN PORRIDGE

1 cup soy bean flour.

3 cupfuls water.

Cook in a covered double boiler for two hours. When cold this may be sliced, rolled in corn flour and baked with butter or oil, or it may be used warm or cold in making croquettes.

#### SOY BEAN CROQUETTES

1 cup soy bean porridge.

1 egg.

1 cup cooked brown rice.

1 teaspoon grated onion.

Paprika.

Shape into croquettes, roll in egg and corn meal or corn flour and bake in the oven.

## CHAPTER XV

### CHEESE

#### COTTAGE CHEESE

The fresh, unsalted cottage cheese is the most wholesome. For other cottage cheese recipes, see pages 186, 187, 188, 196, 197, 198, 199, 411, 412. The taste of cottage cheese may be varied by adding salad dressing and chopped pimiento. Avocado chopped fine may also be used if the flavor is liked.

Mix with sour cream. Garnish with minced parsley. Serve on watercress or bed of lettuce.

#### CHEESE BALLS

- |                         |                           |
|-------------------------|---------------------------|
| 1 pound cottage cheese. | 3 tablespoonfuls of whole |
| 3 eggs.                 | wheat cracker crumbs.     |

Beat eggs into cottage cheese and add cracker crumbs. Have ready pot of boiling water; place a tablespoon of mixture in palm of left hand, and with right hand form lightly into ball. Drop into boiling water. Balls will go to the bottom of vessel first and rise to the top as they cook. Boil about twenty minutes. Serve with cold, thick, sour cream. Delicious. (Serves four.)

#### COTTAGE CHEESE AND RAW CARROTS

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1 pint cottage cheese.             | A little cream.                       |
| 4 medium-sized carrots,<br>grated. | An onion chopped fine may<br>be used. |

Mix and serve.

#### CORN MEAL MUSH WITH CHEESE

Steam the corn meal. Let it stand until cold. Cut in slices about half an inch thick. Place them in a baking dish. Sprinkle with grated cheese and paprika. Bake in a hot oven until cheese is melted.

## CHEESE CUSTARD

Bake in custard cups. One cup cottage cheese, one egg, a bit of honey, cinnamon and a few raisins. Mix and bake until set like custard.

## CHEESE CREAM WITH RICE ON TOAST

Heat two tablespoonfuls butter with one tablespoon whole wheat flour. Stir until smooth. Add two tablespoonfuls cream. Season to taste. Add one cup cold steamed brown rice. Steam. Then add one cup of grated cheese. Serve on toast, dusted lightly with paprika.

## CHEESE TOAST

Toast whole wheat bread. Arrange on warm plates. Pour the following mixture over the buttered toast. Into one cup sweet milk beat one egg. Add one tablespoon butter, one-half pound grated cheese and a sprinkling of paprika. Heat in a double boiler. Stir until smooth.

## CREAM CHEESE TOAST

2 tablespoonfuls butter.	1½ cupfuls milk.
2 tablespoonfuls of whole wheat flour.	1 cup grated cheese.
	½ teaspoon made mustard.

Heat butter and flour, stirring until smooth, in a double boiler. Add milk to this. Cook until thick. Add cheese and mustard. Serve on toast.

## COTTAGE CHEESE AND RADISHES

Form cottage cheese in a mold on platter, leaving a hollow in center. Border with radish lilies on spinach or watercress. Fill center with green mayonnaise.

## CHAPTER XVI

### DESSERTS, AND SAUCES FOR DESSERTS

#### CAKES

##### *About Cakes:*

We do not approve of the use of soda and baking powders. They leave in their wake a mineral residue of inorganic salts which, in turn, is the forerunner of indigestion and constipation.

We are giving you, here, just a few recipes for cakes in which neither soda nor baking powder are used. At best, cakes should be used sparingly.

Two whites of eggs are considered to give the lightness that one teaspoon of baking powder would give.

Use whole wheat pastry flour for all cakes.

Sift flour before measuring.

Corn, peanut or olive oils may be substituted for butter in cakes, or half-and-half may be used. Some people use avocado for shortening.

Honey and raw sugar are used in place of the vicious white sugar.

Always add a little flour to the creamed sugar and butter before putting in the eggs or the liquid ingredients.

Chop or fold into the cake the whites of eggs or the flour.

Bake cakes in which shortening is used in a moderate oven.

Cool cakes slowly.

To loosen warm cakes from the pan easily set the warm cake on a cloth wrung out of cold water.

Thin slices of dates or prunes may be used in cakes as flavors instead of other fruits.

### ALMOND LOAF CAKE

1 cup brown sugar.	1 cup whole wheat pastry
$\frac{1}{2}$ pound almond meats.	flour.
4 eggs.	

Beat yolks of eggs until light. Add sugar or honey and all flour except two tablespoonfuls. Fold in the stiffly beaten whites of eggs and lastly the almonds chopped fine and mixed with the rest of the flour. Bake in a well buttered or oiled bread or loaf pan in a moderate oven ( $325^{\circ}$  to  $350^{\circ}$  F.). Serve in thin slices.

### APPLE CAKE

Make a batter of whole wheat pastry flour and cold water. If shortening is desired, use sweet cream. Fill a deep pie plate one-third full of the batter. Sprinkle a little brown sugar or honey over it. Wash, quarter and core tart apples. Place as many in the batter as it will hold (skin side up). Press down and level with a spoon. Sprinkle brown sugar or honey over top. Bake until brown.

### NANCY MERRILL'S BANGOR BROWNIES

One cup honey, a quarter of a pound of butter. Cream well and add two eggs well beaten, two-thirds of a cup of whole wheat flour, one teaspoon of vanilla, one cup of partly broken up or chopped walnuts, two squares of bitter chocolate melted over hot fire. Add chocolate last. Beat well. Bake in moderate oven twenty minutes. Let cool. Cut in squares.

### WILLIAM'S CHEESE CAKE SUPREME

1 box whole wheat	$\frac{3}{4}$ cup of brown sugar
zwieback, grated.	or honey.
1 slice butter about 1 inch thick (of the 1 pound form).	



Cream butter and sugar. Add zwieback and work in with fingers. Take the spring form pan. Butter well and line bottom with one-third of the above mixture.

Mix together until light in color, three-fourths cup of brown sugar and four egg yolks. Add one pint sweet cream whipped stiff, one pound pot cheese sent through the ricer (not watery), then the four whites beaten stiff. Put in the pan and cover with remaining zwieback mixture. Bake in a slow oven for one hour.

### DATE CAKE

- |                                |  |
|--------------------------------|--|
| 1 cup brown sugar or<br>honey. | 1 cup dates.                                   |
| 1 cup walnut meats.            | $\frac{1}{2}$ cup whole wheat pastry<br>flour. |
| 3 eggs.                        |  |

Put nuts and pitted dates through grinder. Beat yolks of eggs well. Add nuts and dates to flour. Mix all ingredients together. Then fold in stiffly beaten whites. Bake in buttered and floured bread pan (heat about  $320^{\circ}$ ), for about three-quarters of an hour.

### SHORTCAKES

#### CRUST FOR SHORTCAKES

- |                       |                                      |
|-----------------------|--------------------------------------|
| 1 cup skimmed milk.   | $\frac{1}{3}$ cake compressed yeast. |
| 4 tablespoonfuls oil. | Whole wheat pastry flour.            |

Mix all ingredients. Add flour for sponge batter. Beat. When light add warm flour for moderately stiff dough. Knead a little and place on tins for shortcake crusts.

If the crusts are not fine grained it is because you have not used enough flour or have not kneaded them enough. They are not supposed to be as stiff as for bread dough.

This crust may be used for biscuits, pies, cookies, etc.

## SHORTCAKES, USING CRUST RECIPE

## 1

Bake the crust in flat tins, round or square. Split and spread with butter, if desired. Fill lower part with fruit. Place the upper half over this, cut side uppermost. Cover it with fruit.

## 2

Make a crust not too stiff, drop it from a spoon into biscuit form. Slit biscuits. Cover base with fruit. Place top over it. Cover with fruit.

Whole wheat flour or graham flour and cream should be used in preparing shortcake.

## SHORTCAKE FILLINGS

## 1

Strawberry (or raspberry). Put aside some of the most perfect berries, whole, and cut in quarters. Crush remaining berries and place in a saucepan with a little honey and butter. Stir carefully until warm; then spread this between layers and cover with quartered berries. Spread top and cover with whole berries. Serve at once.

## 2

Peach (or apricots). Slice when just ready to serve. Place them between crusts and drip with honey. Arrange peach slices around outer edge of top crust and serve with a nut cream or with dairy cream. The peaches may be stewed and the juice poured over the cake.

## 3

Prunes. Steam or stew prunes with a little honey. Pit and cut up. Spread between and on top. Pour juice over all. Top with whipped cream or with almond cream.

## OTHER SHORTCAKE SUGGESTIONS

1

Bake shortcake in three thin layers; then wash and sweeten berries with honey and place between layers. Place finest large berries on top and around sides.

2

Another way is to steam cracked wheat thoroughly. Then stir in whole berries and put in molds to bake. To be eaten cold.

Brown rice or corn mush may be used instead of wheat.

3

Another way is to combine strawberries with plain unleavened bread.

## SPONGE CAKE

3 eggs.	1 to 1½ cupfuls whole
1 cup brown sugar.	wheat pastry flour.
	4 tablespoonfuls water.

Boil sugar and water until a thread forms. Place egg yolks in a bowl which stands in a pan of boiling water. Beat until light and gradually add the syrup. Beat until cool. Chop in the stiffly-beaten whites and the flour. Add the desired flavoring. Bake in two layers.

## A SIMPLE LOAF CAKE

½ cup oil.	4½ cupfuls whole wheat
1½ cupfuls brown sugar.	pastry flour.
Yolks of 2 eggs.	Flavoring (nuts, fruits or
1 cup milk.	seeds).

Whites 3 eggs.

Cream oil and sugar. Add a little flour, yolks, flavoring. Add the flour and milk a little at a time, alternating. Beat the whites well and fold them in. Chill or bake at once thoroughly in a moderate oven in loaves.

## UNCOOKED FRUIT CAKE

- |                  |                       |
|------------------|-----------------------|
| 1 pound raisins. | 1 pound figs.         |
| 1 pound dates.   | 1 pound walnut meats. |
| 1 pound prunes.  |                       |

Stone the dried fruits. Put in large kettle with the nuts and mix thoroughly. Put through grinder and press into pan. When this sets it may be sliced thin for cake or sandwiches or cubed for candy. Keeps well.

## NATUROPATHIC CAKE

- |                              |                        |
|------------------------------|------------------------|
| 1 pound seeded raisins.      | 2 cupfuls brown sugar. |
| 2 cupfuls cooked prunes.     | 2 cupfuls water.       |
| 2 cupfuls chopped nuts.      | 6 tablespoonfuls oil.  |
| 3 cupfuls whole wheat flour. |                        |

Mix fruit, sugar, water, nuts, and oil, and cook for ten minutes. Let cook and add flour. Mix well and bake in slow oven one hour or less.

## UNFIRED BIRTHDAY CAKES FOR THE CHILDREN

David has had an unfired fruit cake for every birthday so far. Each year it has taken a different shape and grown larger. It started about the size of a large muffin. One can make them just any shape—with a little imagination. It is great fun to mold just the right form for the appropriate occasion.

If the birthday is near Easter time, the center unit of the cake may be a large Easter egg. All around it and snuggled in closely so as to keep the unit feeling of a birthday cake, may be as many smaller eggs as there are guests. Baby ribbons fastened to the eggs trail to each little guest plate with a tiny and appropriate favor tied to the other end.

Each child pulls and his egg rolls toward him. The large central egg holds the birthday candles. It may have ribbons fastened as horse reins leading to the birthday child's plate.

The children will love this and will get a healthful body-building dessert at the same time.

A similar idea may be worked out with hearts for Valentine month and snowballs for January, etc.

The regulation cake molds may be used with charming results—the layer cake tins, too.

For ingredients, any dried fruits may be used (choose the birthday child's favorite dried fruits).

#### LAYER CAKE—UNFIRED

For the layer birthday cake, dates, figs and raisins, mashed thoroughly. Any or all of the following nuts may be used: Walnuts, almonds, pecans, peanuts, Brazil nuts, etc.

The food chopper plays the all important part in this cake. Grind the ingredients through the chopper two or three times each—separately the first time. Then mix the dates and nuts together a second, and a third time. Line the cake tin with waxed paper, letting it come up over the sides as an aid to removing the cake. Pack the date-nut filling in firmly and evenly. Let it stand for some time. Do likewise with the figs and walnuts, after they have been put through the grinder together; and, lastly, the raisins, which may be combined with peanuts, Brazil nuts, or pecans.

We are now ready to put the cake together on the birthday platter or plate. Either lift out the layers carefully by means of the waxed paper or turn them quickly so that as they come out the waxed paper is on top. Remove the paper. With a knife place a very thin coat of honey over the top of the layer—just barely enough so that the nuts will stick. Then powder it thickly with nut meal (nuts that have been ground through the chopper).

Carefully place the second layer on. Treat it the same way. When the last layer is on, give it a very

thin coat of honey and a heavy coat of finely ground cocoanut. If desired, cocoanut may be used between the layers as well.

If a cake mold is used, the dates, figs, raisins and nuts may be mixed together after the first grinding and run through a couple more times. Use plenty of nuts. This is not arbitrary, for if one wishes, one may pack the mold with dates and nuts and then with figs and nuts, etc. Be sure to line the mold with waxed paper that comes out over the sides to facilitate removing cake. Pack the mold firmly. Let stand a few hours, or even over night. Be careful in taking it out.

Decorate the sides and top with cocoanut, or with nut dust, or even with halves of walnuts, pecans, etc.

With a bit of imagination, a good deal of interest and some assorted nuts, one may do much with such a cake to give it a festive appearance. (Apricots, prunes, peaches, etc., with any other nuts preferred may be used.)

We have tried just to start you thinking. There is no doubt but that your own ideas will go way beyond those set down here. You will doubtless create true works of art with your birthday cakes.

Muffin molds will give the separate individual parts. The center muffin could be larger and the candle-bearer—the others arranged charmingly around it on a large platter to form a unit. The cake made in separate parts eliminates the task of cutting.

There should be no trouble in slicing the cake, for in washing the fruits the moisture gives enough consistency, and, if packed firmly, it should cut without difficulty. The use of half nuts or whole ones between layers sometimes adds to the difficulty of cutting. Hence, ground nuts are suggested.

Should any of the ingredients be left over, roll into balls or form into cubes or oblongs. Dip in ground



nuts or cocoanut or leave "as is." Serve to the children at the table as goodies in their little favor baskets or keep to give your own children with their fresh fruit breakfast, as they combine excellently with fresh fruit and make a well-rounded meal. Children will almost always take dried fruits made into candies, even though they seem not to care for the fig or whatever it may be, itself.

*Suggested Forms for Unfired Birthday Cakes:* Triangles, hearts, diamonds, cross, animal shapes using cookie cutters (nuts and raisins for eyes, etc.). Boats and other toy forms.

Another idea is to have a layer cake with as many layers as the child is years old. The layers may vary in size—the largest forming the base, the smallest on top. Arrange the candles from the top center down the sides. (Very effective.)

#### TABLE DECORATIONS FOR CHILDREN'S PARTIES

Dates.

Prunes.

Figs.

Nuts.

Dates, figs and prunes may be stuffed with nuts, cocoanut, cheese, etc., or left unstuffed and with the aid of nuts (pignolia, almond, Brazil, etc.) and toothpicks may be converted into a variety of grotesque animals to be used as table decorations.

The figs may be pulled out into odd shapes. Use nuts as eyes, nose, etc., and toothpicks as legs.

### COOKIES, TARTS, ETC.

#### *About Cookies:*

Caraway seeds, chopped shelled nuts, cocoanut, grated orange or lemon rind, currants, ground raisins, figs and dates, may all be used to flavor or to garnish cookies.



All cooky dough should be set in a cold place for two hours or longer before rolling out. Roll out on well floured board. Cut the cookies out with any desired cutters, put on cooky tins and set in a cold place until ready to bake.

Oil and flour pans for baking cookies.

### ALMOND ROCKS

- |               |                          |   |                               |
|---------------|--------------------------|---|-------------------------------|
| 1             | pound whole wheat flour. | 2 | ounces chopped unblanched     |
| $\frac{1}{2}$ | cup vegetable oil, or 4  |   | almonds.                      |
|               | ounces butter.           | 6 | ounces honey (melted).        |
|               |                          |   | $1\frac{1}{4}$ cupfuls water. |

Thoroughly mix honey and shortening with the flour; add almonds and enough water to make a stiff dough. Form into irregular rocks with a spoon and put on a greased pan. Bake in moderately hot oven twenty minutes or more, depending on the size of rocks.

### COCOANUT ROCKS

- |               |                          |               |                         |
|---------------|--------------------------|---------------|-------------------------|
| $\frac{3}{4}$ | pound whole wheat flour. | 1             | cup (small) hot water.  |
| $\frac{1}{2}$ | pound grated cocoanut.   | $\frac{1}{2}$ | cup vegetable oil, or 4 |
| $\frac{1}{2}$ | pound honey.             |               | ounces shortening.      |

Melt the shortening and honey in the hot water; stir in flour and cocoanut. Beat well and bake in small rocks for half an hour in a moderately hot oven.

### COCOANUT TARTS

Grate fresh cocoanut. Add honey enough to make the shreds stick together. Form into little tarts and place in pie tins (or any flat tins). Bake in a moderate oven.

### DELICIOUS WALNUT WAFERS

I

- |               |                 |               |                  |
|---------------|-----------------|---------------|------------------|
| $\frac{1}{4}$ | cup raw sugar.  | 1             | cup ground nuts. |
| 2             | eggs.           | $\frac{1}{2}$ | cup whole wheat  |
| 1             | teaspoon honey. |               | pastry flour.    |

Beat eggs separately. Add sugar to yolks, then honey. Combine with whites and lightly fold in the

nuts and flour. Drop by spoonfuls on a buttered pan and bake in a moderate oven.

2

- |                            |                        |
|----------------------------|------------------------|
| 1 cup chopped English wal- | 2 eggs.                |
| nuts or pecans.            | 4 tablespoonfuls whole |
| 1 cup raw sugar or honey.  | wheat pastry flour.    |

Beat eggs, add sugar gradually, beating well, then add flour and nuts. Mix. Drop from spoon on buttered pan. Set in cold place. Bake in quick oven.

### COOKIES

*From an Old Book Published in 1846*

- |                       |                        |
|-----------------------|------------------------|
| 1 cup butter.         | 1¼ cupfuls brown sugar |
| 3 scant cupfuls whole | or 1 cup honey.        |
| wheat pastry flour.   | 2 eggs.                |

Any desired flavoring.

Cream butter, add honey, beaten eggs, flavoring and flour. Let stand in cool place until cold. Roll out to a half-inch thickness. Cut with various shaped cooky cutters. Have the oven moderately hot when cookies are put in. Then later turn fire low. Be careful not to burn them.

### DATE COOKIES

- |                           |                              |
|---------------------------|------------------------------|
| 2 eggs (the whites beaten | 1 cup nuts (chopped).        |
| separately).              | 1 cup dates (cut up).        |
| ¾ cup honey or brown      | 3 tablespoonfuls whole wheat |
| sugar.                    | pastry flour.                |

Mix ingredients well. Drop from spoon on flat-bottom buttered pan. Bake.

### SOUR CREAM COOKIES

- |                         |                       |
|-------------------------|-----------------------|
| 1½ cupfuls brown sugar  | Yolks of 3 eggs.      |
| or one cup of honey.    | 5 cupfuls whole wheat |
| 1 cup thick sour cream. | flour or more.        |
| ¾ cup butter or oil.    |                       |

Any desired flavoring (fruits, nuts or seeds). Mix, set in a cold place. Roll thin. Cut with various shaped cooky cutters.

## FILLED PASTRIES—COOKY DOUGH

Roll out cooky dough very thin. Cut it into strips. Fill half the strip with the following fillings. Then fold over the other half and pinch down the edges. Now cut in fairly narrow slices and bake.

## FILLINGS FOR PASTRIES

1

Put dates through the grinder or steam them a bit and beat to a pulp. Use as filling.

2

Treat figs in same way as in No. 1.

3

Raspberry jam, fruit jams or orange marmalade made with honey or brown sugar may be used as fillings.

## CHOCOLATE CAKES

3 eggs.	3 squares unsweetened chocolate.
$\frac{1}{4}$ cup butter.	
$\frac{1}{2}$ cup brown sugar or honey.	3 teaspoonfuls whole wheat
1 cup stale bread crumbs.	pastry flour.

Beat eggs until light. Cream the butter, add honey gradually. Combine with eggs. Then add melted chocolate, bread crumbs and flour. Spread mixture in a shallow buttered pan and bake in a slow oven. Cut in small squares or shape with a tiny biscuit cutter and, if desired, put together in pans with a preparation between.

## COCOANUT WAFERS

$2\frac{1}{2}$ cupfuls whole wheat	2 tablespoonfuls butter or
pastry flour.	3 teaspoonfuls oil.
1 to 2 cupfuls finely shredded	Water.
cocoanut.	Honey, if desired.

Rub butter into flour. Mix with cocoanut. Add ice water for a stiff dough. Roll out at once or let

stand. Bake carefully so as not to scorch the cocoanut. Honey may be used if a sweet wafer is desired.

## NUT BARS

$\frac{1}{4}$ cup butter.	2 tablespoonfuls brown
$\frac{1}{4}$ cup boiling water.	sugar or honey.
$\frac{1}{2}$ cup brown sugar.	2 tablespoonfuls English wal-
$\frac{1}{2}$ cup whole wheat pastry	nuts, finely chopped, halves
flour.	of walnuts or almonds.

Place over fire two tablespoonfuls honey, add butter and water. Let boil two minutes. Remove from fire, add brown sugar, flour and nut meats.

Spread evenly with a broad, long-bladed knife on a buttered inverted dripping-pan. Crease in two-inch squares and place a nut meat in center. Bake in slow oven and remove from pan at once.

## NUT MACAROONS

White 1 egg.	$\frac{3}{4}$ cup honey.
1 cup pecan nut meats.	

Beat white of egg stiff. While beating, gradually add honey. Fold in the finely chopped or ground nuts. Drop from spoon, one inch apart, on a buttered brown paper. Bake in a moderate oven until delicately browned.

## SCOTTISH FANCIES

1 egg.	1 cup fine oatmeal flour, or
$\frac{1}{2}$ cup brown sugar.	$\frac{2}{3}$ cup flour, $\frac{1}{3}$ cup of
$\frac{2}{3}$ tablespoon melted	shredded cocoanut flavor-
butter.	ing (nuts, dates, etc.).

Beat egg until light, add sugar gradually. Stir in remaining ingredients. Drop mixture by spoonfuls on a well oiled, inverted dripping-pan one inch apart. Bake in a moderate oven until delicately browned.

## UNFIRED CAKES

$\frac{1}{2}$ cup pecan nuts.	$\frac{1}{2}$ cup dates.
$\frac{1}{2}$ cup walnut meats.	Grated rind 1 orange.
$\frac{1}{2}$ cup figs.	1 tablespoon orange juice.
1 square (melted) chocolate.	

Mix nuts, figs and dates. Put them through grinder. Add rind, juice and chocolate. Place on board sprinkled with shredded cocoanut and roll out to one-third-inch thickness. Cut in any desired shapes. Decorate with nuts or spread over a thin coat of unsweetened chocolate.

## PUDDINGS

### APPLE PUDDING

Cover bottom of baking dish with steamed apple sauce. Cut stale whole wheat bread in one-third-inch slices. Spread with softened butter. Cut in triangular shaped pieces. Arrange over apple sauce. Drip with honey. Alternate layers until ingredients are used. Bake in moderate oven. Serve with cream.

### APPLE—RICE PUDDING

1½ cupfuls steamed brown rice	4 tablespoonfuls honey.
3    tablespoonfuls brown sugar	3 or 4 apples.

Raisins or prunes (may omit).

Mix steamed rice, brown sugar and honey. Place a layer of this in buttered casserole; over it, a layer of sliced apples. Alternate layers until ingredients are used up. Cover. Bake in a slow oven until apples are tender. Remove cover and brown. Serve warm or cold, with or without cream, or with a fruit sauce.

## BREAD PUDDINGS

### I

Place a layer of buttered whole wheat bread in a baking dish. Cover with a layer of sliced cooking apples. Over the apples drip honey and a sprinkle of cinnamon or nutmeg. Alternate layers of buttered bread and apples until dish is filled. Over this pour one cup or more of water or milk. Bake half an hour in a hot oven. Serve with cream or with milk. Raisins and nuts may be sprinkled over apples, if desired.

2

Butter baking dish. Place layer of whole wheat cracker or bread crumbs. Fill about one-half full of apples steamed with a bit of lemon rind and sweetened to taste with honey. Pour over this one quart milk, into which two eggs have been beaten. Dot with butter. Bake half an hour.

3

- |   |                                       |
|---|---------------------------------------|
| 1 quart milk.   | 2 eggs.                               |
| 2 cupfuls whole wheat bread                             | $\frac{1}{2}$ cup raw sugar or honey. |
| or cake crumbs.   | $\frac{1}{4}$ cup melted butter.      |
| $\frac{1}{4}$ teaspoon nutmeg or cinnamon (if desired). |                                       |

Scald milk. Add crumbs. Let stand thirty minutes. Beat eggs. Add sugar and seasonings, then milk mixture and, finally, melted butter. Mix thoroughly. Pour into buttered baking dish. Bake at 350° F. for an hour. If desired, top with meringue made of the whites of the eggs and four tablespoonfuls brown sugar. Brown in oven at 300° F.

4

- |                            |                          |
|----------------------------|--------------------------|
| 2 cupfuls whole wheat      | $\frac{1}{2}$ cup dates. |
| bread crumbs.              | $\frac{1}{2}$ cup figs.  |
| 2 cupfuls hot milk.        | 1 egg.                   |
| $\frac{1}{2}$ cup raisins. |                          |

Mix bread crumbs and hot milk. Let stand for ten minutes. Steam raisins, figs and dates (that have been cut up) for five or ten minutes. Add bread crumbs, the fruit and egg. Mix well. Bake.

## BROWN BETTY PUDDINGS

I

Place a layer of whole wheat bread crumbs in buttered casserole, then a layer of sliced apples, over which honey or pure maple syrup may be dripped. Alternate layers until ingredients are used up. Over this pour one and one-half cupfuls hot water. Bake one hour. Serve with or without cream, or dessert sauce.



## 2

- |  |  |
|--|--|
| $\frac{1}{2}$ cup brown sugar or<br>honey. | Peaches, apricots or apples.<br>2 tablespoonfuls butter. |
| 2 cupfuls whole wheat<br>bread crumbs.     | Lemon juice.<br>Cinnamon or nutmeg.                      |

The fruit may be steamed first, if desired. Butter baking dish and line with crumbs. Place a layer of cut-up fruit over the crumbs and sprinkle with the sugar or honey. Dot with butter. Repeat the layers until ingredients are used up.

If apples are used, sprinkle with cinnamon or nutmeg.

If the fruit has been cooked before using, heat the juice which has been left. Add a few drops of lemon juice and pour this over the pudding. Bake covered half an hour. Then remove the cover and brown for fifteen minutes. Serve hot or cold, with or without sauce.

## 3

Two cupfuls of pineapple cut up. Place a thick layer of buttered whole wheat bread crumbs in baking dish. Over this place a layer of pineapple. Drip with honey. Sprinkle with nutmeg or cinnamon or some grated lemon rind. Alternate layers of crumbs and pineapple until dish is filled. Pour over this about one-half cup water. Bake three-quarters of an hour. Serve hot with cream sauce or with plain cream.

Chopped apples or peaches may be used instead of pineapple.

## CARROT PUDDING

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 cup ground raw carrot.             | $\frac{1}{2}$ cup ground raisins. |
| $\frac{1}{2}$ cup ground raw potato. | $\frac{1}{2}$ cup currants.       |
| 2 tablespoonfuls honey.              | $\frac{1}{2}$ teaspoon cinnamon.  |

Mix well and steam one and one-half hours, or bake forty-five minutes.



## MOTHER'S APPLE COBBLER

Line oblong flat pan with pie paste. Fill with sliced apples. Mix honey, a little butter and whole wheat pastry flour together in a saucepan. Pour boiling water over this, stirring constantly. Let cook up, cool and pour over apples. Sprinkle with cinnamon or nutmeg. Cover with crust. Bake in a moderate oven until apples are tender.

## MRS. WESTERMAN'S COBBLER

Fill bottom of flat oblong baking pan with apples that have been steamed. Drip honey over apples and sprinkle with cinnamon. Over this place a whole wheat pastry pie crust. Bake about half an hour. Serve with cream or with cinnamon sauce.

## CORN PUDDING

6 or 8 ears corn.	1 teaspoon honey.
Green pepper or pimienta	1 egg.
(if desired).	1 tablespoon butter.
1 cup milk.	Celery salt.

Dash of paprika.

Remove corn from cob. Put through grinder with green pepper, or chop fine. Add to it the egg, milk and honey. Season to taste. Melt the butter and stir it in well. Bake in moderate oven for about thirty minutes.

## BAKED CUSTARD

$\frac{1}{2}$ teaspoon nutmeg or	4 eggs.
cinnamon.	1 quart of milk or 1 cup
$\frac{1}{4}$ cup raw sugar or honey.	cream and 3 cups milk.

Beat eggs. Add sugar to taste. Mix. Add milk and flavoring. Stir well. Pour into individual buttered custard cups. Set in pan of warm water and bake forty minutes.

## BAKED COCOANUT CUSTARD

Same as baked custard, except to add one cup of grated cocoanut.

## BAKED APPLE CUSTARD

5	eggs.	6	medium-sized apples.
$\frac{3}{4}$	cup raw sugar	$2\frac{1}{2}$	cupfuls boiling water.
	or honey.	$\frac{1}{4}$	teaspoon nutmeg.

Pare and core apples. Boil half a cup of the sugar and boiling water ten minutes. Simmer apples in this syrup until tender. Drain. Arrange in casserole and sprinkle with remaining fourth cup of sugar. Prepare baked custard, adding nutmeg to it. Pour over apples. Bake as in baked custard in pan of warm water for an hour or so.

## CARROT CUSTARD

Steam carrots thoroughly and put through colander. To each pint of pulp add two beaten eggs, a teaspoon celery salt, a tablespoon grated onion and one-fourth cup cream or rich milk. Beat all together well, then pour into buttered baking dish or custard cups, stand in a pan of hot water and bake in a moderate oven. When firm turn out on dish and serve with white sauce or with gravy.

## BANANA SQUASH CUSTARD

Cook squash and put through a colander. Mix together one cup squash, one pint milk, one teaspoon cinnamon, one teaspoon allspice, one-half cup brown sugar, two eggs, pinch of celery salt, one tablespoon whole wheat flour to thicken. Place in custard cups. Stand in pan of water and bake.

## DATE AND NUT PUDDING

1	cup of dates, cut up.	$\frac{1}{2}$	cup brown sugar or honey.
1	cup walnuts, cut up.	2	eggs.
	1 heaping tablespoon of whole wheat flour.		

Beat sugar or honey and eggs. Add flour, followed by nuts, dates and the beaten whites of eggs. Bake in square buttered tin dish in a moderate oven about twenty minutes. Serve with whipped cream or with crushed berries in season.

## FIG PUDDING

Mix two cupfuls figs, finely chopped, with two cupfuls whole wheat bread crumbs. Add a tablespoon melted butter, three-fourths cup honey, two eggs, juice and grated rind of one lemon and one tablespoon whole wheat pastry flour. Steam two or three hours. Serve with whipped cream or with fruit sauce.

## PEACH PUDDING

Sponge cake.	1 cup whipped cream.
6 fresh peaches.	3 egg yolks.
3 egg whites.	2 cups milk.
6 tablespoonfuls raw sugar or honey.	$\frac{1}{4}$ cup raw sugar.
	$\frac{1}{4}$ teaspoon flavoring.

Cut six squares of sponge cake. Place in shallow baking dish. Pare peaches and cut in half. Place two halves on each piece of cake. Make a meringue by beating eggs until stiff and adding the six tablespoonfuls of sugar. Pile this on top of peaches. Bake in a slow oven for a quarter of an hour.

## CUSTARD FOR PEACH PUDDING

Beat egg yolks and add brown sugar. Scald milk in top of double boiler. Pour it over yolks. Return mixture to double boiler and cook slowly until custard coats the spoon. Remove from fire and cool. Then fold in whipped cream. Serve pudding in dessert dishes and pour the custard around it.

## MRS. CHARTER'S MOCK PLUM PUDDING

1 cup grated carrot.	$\frac{1}{2}$ cup peel, mixed.
1 cup grated potato.	$\frac{1}{2}$ cup butter.
1 cup raisins.	1 cup brown sugar
1 cup currants.	or honey.
1 cup whole wheat pastry flour, or sufficient to make a batter stiff enough to hold the spoon erect.	

Stir ingredients together thoroughly and steam in steamer for three hours. Serve with hard sauce or with any desired sauce.

#### PRUNE PUDDING

Alternate layers of whole wheat bread crumbs and seeded steamed or soaked prunes. Sprinkle nutmeg or cinnamon over each layer of prunes and drip a bit of honey over as well. When dish is filled, pour over all hot milk. Bake about half an hour. Serve with plain cream or with whipped cream. Substitute dried figs for prunes, if desired.

#### RICE AND BERRY PUDDING

- |  |                   |
|--|-------------------|
| 2 cupfuls sweet milk.  | 1/3 cup raw sugar |
| 2 cupfuls steamed brown  | or honey.         |
| rice (cold).   | 2 eggs.           |
| 2 cupfuls blueberries, or chopped apples, or seeded cherries, or strawberries. |                   |

Mix the cold rice with the milk until smooth. Beat yolks of eggs with sugar or honey. Add to mixture. Then fold in well beaten whites. Mix the fruit in lightly. Place in casserole or set baking dish in a dripping pan of boiling water and bake in a slow oven for one hour. Serve cold or warm—with or without cream.

#### RICE AND FRUIT PUDDING

Steam until tender one cup rice in one quart milk. Add two tablespoonfuls butter. Spread a layer of rice in a buttered baking dish, then a layer of peaches or of apple sauce. Alternate rice and fruit until ingredients are used up. Bake in slow oven. Serve with cream.

Serve well steamed rice, warm or cold, with peaches cut thickly over top and with plenty of plain or whipped cream. Steamed peaches may be used and sweetened to taste with honey. Crushed strawberries sweetened with honey may be used instead, or cherry or banana sauce, or just sliced bananas.

## RICE AND DATE PUDDING

Cut dates into small pieces and mix with one cup of steamed brown rice and one cup of milk. Bake about one half hour or more in buttered casserole or baking dish. Figs or raisins may be substituted for dates.

## RICE PUDDINGS

## 1

4 cupfuls milk.

1/3 cup honey.

1/2 cup brown rice.

Grated rind of 1/2 lemon.

Wash rice well. Mix ingredients. Pour into buttered or oiled pudding dish. Bake three hours in a very slow oven. Stir frequently the first hour to keep rice from settling.

## 2

3 eggs.

2 tablespoonfuls grated lemon rind (if desired).

2 cupfuls milk or cream.

1/2 cup raw sugar, maple or honey.

Nutmeg or cinnamon (if desired).

1 cup steamed brown rice.

Beat eggs and add milk, rice and sugar. Add lemon rind or lemon juice or both, if desired. Bake. Use whites of eggs for meringue, if desired.

## RICE PUDDING DE LUXE

Heat a quart of whole milk in a double boiler. Add a third of a cup of whole brown rice and a quarter of a cup of honey. Steam two hours. Add half a cup of seeded raisins during the last hour, if desired. Cool and add a teaspoon of pure flavoring. Fold in a cup of whipped cream. Decorate with bits of fruit or bits of blanched almonds.

## INDIVIDUAL RICE PUDDING

Wash thoroughly two ounces rice. Mix with three cups milk in a double boiler. (Slow fire.) Add three teaspoonfuls of honey or more to suit taste. Let sim-

mer until rice is soft and the milk is absorbed. Rub through sieve. Mix well with any one of the following goodies: Chopped nuts, dates, figs, raisins, etc. Then place in individual moulds that have been cooled first by rinsing in cold water. Serve with cream or with any fresh fruit sauce—sliced peaches, crushed bananas, strawberries and honey, etc.

### SPRING DISH

#### *Baked Pie-Plant (Rhubarb)*

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 2 pounds pie-plant.           | $\frac{1}{2}$ cup rolled whole wheat |
| $\frac{1}{2}$ cup brown sugar | bread crumbs.                        |
| or honey.                     | Water.                               |

Cut pie-plant in small pieces. Place in baking dish. Over it sprinkle the sugar or honey and the bread crumbs. Add water until the pie-plant is two-thirds covered. Bake in a quick oven for from thirty to forty minutes.

### SWEET POTATO PUDDING

- |                             |                             |
|-----------------------------|-----------------------------|
| 3 large sweet potatoes.     | 1 egg.                      |
| 1 cup honey or brown sugar. | 1 tablespoon melted butter. |
| 1 cup milk.                 | 1 teaspoon grated nutmeg.   |

Scrub well and put potatoes through grinder (or grate them). Mix thoroughly with milk and honey. Add beaten egg, butter and seasoning. Pour into a shallow baking pan and bake until brown. Serve hot.

### SQUASH PUDDING

- |                              |                          |
|------------------------------|--------------------------|
| 1 cup baked squash,          | 2 tablespoonfuls honey.  |
| mashed.                      | 1 or 2 eggs and a bit of |
| $1\frac{1}{2}$ cupfuls milk. | cinnamon.                |

Bake like custard and serve with any kind of pudding sauce or without.



## WHOLE WHEAT BREAD CRUMB PUDDING

- |   |                     |               |              |
|---|---------------------|---------------|--------------|
| 2 | cupfuls whole wheat | $\frac{1}{2}$ | cup figs.    |
|   | bread crumbs.       | 1             | egg.         |
| 2 | cupfuls hot milk.   | $\frac{1}{2}$ | cup dates.   |
|   | $\frac{1}{2}$       |               | cup raisins. |

Mix bread crumbs and hot milk. Let stand for ten minutes. Steam raisins, figs and dates (that have been cut up) for five or ten minutes. Add to the bread crumbs, the fruit and egg. Mix well and bake for three-quarters of an hour.

## SAUCES FOR PUDDINGS AND DESSERTS

## CARQUÉ'S BANANA SAUCE—UNCOOKED

- |                  |                     |
|------------------|---------------------|
| 2 large bananas. | 1 cup nut cream.    |
|                  | 1 tablespoon honey. |

Peel and mash the bananas. Thoroughly mix together with the nut cream and honey. This makes a good sauce for cooked cereals such as wheat or rice, as well as for fresh berries.

## COCOANUT MILK SAUCE

To use cocoanut milk as a sauce, add a little lime juice and a little celery salt.

## CINNAMON SAUCE

- |                             |                          |
|-----------------------------|--------------------------|
| 1 tablespoon whole wheat    | Lump of butter.          |
| pastry flour.               | Cinnamon.                |
| 1 tablespoon honey or more. | 2 cupfuls boiling water. |

Mix butter and flour. Add honey and cinnamon. Over this pour the boiling water, stirring constantly. Let cook until clear. Pour over apple cobbler or bread pudding.

## FIG SAUCE

Grind figs. Simmer for one-half hour in a little water. Add a bit of honey. Simmer. Then nut cream or dairy cream may be added. Serve on cereal or dessert.



## FRUIT SAUCE

Boil the juice of any acid fruit, adding an equal amount of water. To one pint add one tablespoon of honey and half a teaspoon of agar. This makes a fruit syrup that is wholesome with cereals or with desserts.

Jellies and jams can be made into fruit sauce by adding four parts of water to one part of jelly and thickening with agar.

## UNCOOKED FRUIT SAUCE

Any berries crushed and sweetened constitute fruit sauce.

## HARD SAUCE

$\frac{1}{4}$  pound butter.

1 cup brown sugar.

Mix together until smooth. Add nutmeg to flavor, or any desired flavoring. Set in cold place to harden.

## VARIATIONS OF HARD SAUCE

1. Beat one tablespoon cream with the butter and sugar.
2. Add two tablespoonfuls boiling water.
3. Add one or more tablespoonfuls lemon juice.
4. Add two tablespoonfuls of any desired fruit juice and one-half tablespoon lemon juice.
5. Substitute maple sugar or honey for brown sugar.
6. Add ground dates or figs.
7. Add an egg. Beat well and beat in one cup fresh, crushed, ripe strawberries.
8. Add one-half cup whipped cream to "7."

## ORANGE SAUCE

1 cup brown or maple sugar. 1 cup orange juice.

Add the lightly grated rind of three or four oranges to the sugar. Add the juice and let come to a boil. Strain.

**PINEAPPLE SAUCE—UNCOOKED**

1 cup grated pineapple.      1 cup nut cream butter.  
1 tablespoon honey.

Mix thoroughly. This is a delicious dressing for fruit salads.

**PINEAPPLE SAUCE**

1½ cupfuls finely cubed      ¾ cup honey or less.  
or grated pineapple.      ½ cup water.

Combine honey and water. Cook for about fifteen minutes. Let cook and add cubed pineapple. Serve with fruit salad and with appropriate desserts.

**PRUNE SAUCE**

Rub stewed prunes through colander. Add the juice. Use with puddings or with desserts.

**RAISIN SAUCE**

1 cup seedless raisins.      ½ cup honey.  
½ cup chopped nut meats.      Juice of half a lemon.  
1½ cupfuls water.

Simmer raisins in water until soft. Add honey. Cook on slow fire for a quarter of an hour. Remove and add nuts and lemon juice. Let cool. Serve with any suitable dessert.

**A SIMPLE PUDDING SAUCE**

From a tablespoon to a quarter pound of butter, creamed with one cup brown sugar or honey. Add one tablespoon whole wheat pastry flour and pour over this, a little at a time, one cup boiling water. Cook five minutes. Stir constantly. Flavor with one tablespoonful of lemon juice.

**WHIPPED CREAM SAUCE**

1 cup cream.      White of one egg.  
½ cup honey.

Whip cream until stiff. Add honey and flavor. Whip any cut-up fruit into the stiffly-beaten white of an egg. Chop into the cream.

## JELLIES

## JELLIES AS DESSERTS

*About Agar:* Agar is the gelatine contained in seaweed and is much more wholesome than animal gelatine. Only one-third as much agar is required as animal gelatine to harden or to "set" a preparation.

Agar can be bought in flaked form in any health food store. It takes only about one-half cup of agar to a quart in making jellies.

Agar (Sea Fern Agar) is a vegetable gelatine. Jellies surely and quickly. To dissolve, boil gently (about three minutes) until clear.

## CARQUE'S GRAPE JELLY

$\frac{1}{2}$  cup flaked agar.

1 pint grape juice.

2 cupfuls water.

$\frac{1}{2}$  cup strained honey.

Stir agar into one-half cup hot water. Place in a warm spot and let soak for a half hour.

Stir honey in grape juice. Drain soaked agar into saucepan. Add the boiling water. Stir well. Let boil from three to five minutes. Add grapejuice. Stir well and pour into molds wet with cold water. Leave in molds until ready to serve.

*Suggestions for Jellies:* Other juices may be used. Peaches, strawberries, apricots, bananas, oranges, pineapples, etc., may be cut into cubes and stirred in when the jelly begins to thicken.

Whole berries or sliced fruits may be pressed into the jelly just as it begins to set as a garnish.

Jellies may be served with whipped cream or with nut creams, as a dessert or in combination with fruit or vegetable salads. They are both attractive and healthful.

Work out your own ideas both as to flavor and color, using agar as a base.

## ORANGE JELLY

- |                               |                                    |
|-------------------------------|------------------------------------|
| 2 tablespoonfuls Sea Fern     | 2 cupfuls water.                   |
| Agar.                         | $\frac{1}{2}$ cup honey (or more). |
| 2 tablespoonfuls lemon juice. | 1 cup orange juice.                |

Add the Agar to water and boil gently over small flame until clear. Gradually add the honey and stir. Remove from flame, add orange and lemon juice and stir. Strain into mold and set aside to cool.

## LEMON JELLY

Same as orange jelly except use two and one-half cupfuls water and one-fourth cup lemon juice instead of water and orange juice as given for orange jelly.

## POMEGRANATE JELLY

Same as orange jelly, except one and one-half cupfuls water and one and one-half cupfuls pomegranate juice and two tablespoonfuls lemon juice.

## BAVARIAN CREAM

- |                                  |  |
|----------------------------------|--|
| 2 tablespoonfuls Sea Fern        | $\frac{1}{2}$ cup honey.               |
| Agar.                            | $\frac{3}{4}$ cup water.               |
| $\frac{3}{4}$ cup grape juice or | 1 tablespoon lemon juice.              |
| pomegranate juice.               | $1\frac{1}{2}$ cupfuls whipping cream. |

Mix Agar, water, honey and juice as for jelly. Allow to cool, stirring frequently until it just begins to thicken, quickly fold into the cream beaten stiff. Put in mold and chill.

## MARMALADES

## LEMON MARMALADE

- |                 |                     |
|-----------------|---------------------|
| 1 dozen lemons. | Water.              |
|                 | Raw sugar or honey. |

Slice lemons thin. Remove seeds. One quart of water to every pound of fruit. Let sliced lemons stand in water twenty-four hours. Then let simmer slowly until fruit is tender. Again let stand twelve hours.

Weigh mixture. To every pound of fruit, use three-fourths pound of sugar. Add to fruit and let simmer about twenty minutes. Drop a bit of syrup on a cold plate. If it jellies, it is ready to pour into hot sterilized glasses. Let stand until set and cold. Cover with paraffin. Delicious served with any vegetable loaf. (This fills about twelve glasses.)

#### ORANGE MARMALADE

4 medium oranges.                      1 lemon.  
11 tumblers of water.

Slice oranges very thin. Pour water over and let stand twenty-four hours, then cook one and one-fourth hours. Take off stove and put in four pounds or eight cupfuls of brown sugar or honey. Let stand another twenty-four hours. Put on stove and cook one and one-fourth hours. Put in glasses. Seal well. Be sure the glasses are air-tight.

#### ORANGE MARMALADE

1 dozen lemons.                      Water.  
1 dozen oranges.                      Brown sugar or honey.

Cut oranges and lemons in quarters and shred. Use three cupfuls of water to each cupful of shredded fruit. Cover fruit with the water and let stand in a cool place for twelve hours. Then simmer for ten minutes. Let stand in cool place again for twelve hours. Use an equal quantity of sugar for each cup of juice. Then let both simmer until syrup gathers when dripped in cold plate. Pour into glasses and let stand until cold. Cover with paraffin.

#### ORANGE AND APPLE MARMALADE

2 dozen oranges.                      Water.  
1 dozen apples.                      Brown sugar or honey.

Wash and core apples. Steam apples until tender. Press through potato sieve. Combine this with ex-

tracted juice and pulp of oranges and grated rind of six of the oranges. Add apple pulp. Measure fruit mixture. Use three cups of sugar to every quart of fruit. Simmer gently until the mixture thickens, stirring constantly. Pour into hot sterilized glasses. Let stand until set. Then cover with paraffin. This fills sixteen glasses.

#### PINEAPPLE PEACH MARMALADE

8 cupfuls raw peaches (chopped).	Juice of 1 lemon. $\frac{1}{2}$ cup grated pine- apple or more if desired.
5 cupfuls brown sugar or honey.	

Chop ripe peaches fine in chopping bowl after paring and pitting them. Simmer slowly until fairly thick in preserving kettle. Then add pineapple, sugar and lemon juice. Continue simmering until very thick. Seal at once in sterilized jars. This recipe makes about six glasses.

#### PIES

##### *About Pies:*

Always use whole wheat pastry flour for pie crust.

Apple and all fruit pies need a little flour in the filling to absorb the juice and to flavor. Mix the flour and honey together and spread on undercrust so crust won't get soggy, and honey will cook up through fruit.

Mix some honey with the berries before filling crust.

#### PASTRY FOR PIES

$2\frac{1}{2}$ cupfuls whole wheat pastry flour.	$1\frac{1}{2}$ teaspoonfuls lemon juice.
$\frac{1}{3}$ cup vegetable oil.	Ice water.

Have all ingredients very cold. Pour oil over flour. Do not mix much. Put lemon juice in a cup. Mix with water, making one-fourth of a cup. Pour



over flour mixture. Add enough water to make a soft dough. Chop with a spoon. Do not knead. Roll out without mixing on floured board with well floured rolling-pin. Nut oil may be used, instead of vegetable oil.

#### PASTRY FOR APPLE PIE

Two cupfuls of whole wheat pastry flour and a cup of shortening. Work the shortening and flour together. Add enough water to make it hold together. Roll out and place in pie pans. Fill with good cooking apples, sliced. Sweeten with honey. Sprinkle cinnamon or nutmeg over the top of apples. Then place the top crust over the pie and bake from thirty to forty-five minutes in a moderate oven.

#### MRS. WESTERMAN'S PIE PASTRY

1 cup butter.                      2 cupfuls whole wheat pastry flour.

Mix butter and flour until smooth. Moisten with cold water until the dough sticks together. Then roll out thin and use as pie pastry for any filling. Bake with filling for about half an hour in a moderate oven.

#### CARQUE'S WHOLE WHEAT PASTRY FOR PIES

$\frac{3}{4}$  pound whole wheat flour.                      1 small cup water.  
4 tablespoonfuls vegetable oil, or unsalted vegetable shortening.

Rub the shortening into the flour and mix with enough water to make a soft dough. Knead for about ten minutes. Bake in a quick oven for a few minutes and finish with moderate heat.

#### APPLE PIE

4 or 5 sour apples.                      1 teaspoon butter.  
 $\frac{1}{2}$  cup honey.                              1 teaspoon lemon juice.  
 $\frac{1}{4}$  teaspoon grated nutmeg.      Few gratings of lemon rind.

Line pie plate with whole wheat pie paste. Pare, core and cut apples into eighths. Put row around edge first. Then arrange rows around, working toward



center. Pile in remainder. Mix honey, nutmeg, lemon juice and grated rind. Sprinkle over apples. Dot with butter. Wet edges of under crust. Cover with upper crust. Press edges together. Bake forty to forty-five minutes in a moderate oven. One may omit butter, lemon juice and rind. Cinnamon may take the place of nutmeg. Dehydrated apples may take the place of fresh fruit.

### BANANA—APPLE PIE

*Filling*—Four bananas, mashed; three apples, grated. Mix thoroughly and add a spoonful of honey.

*Crust*—One-half cup pure yellow corn-meal, scalded with half a cup of water. Add teaspoon of butter. Grease pie tin and line with this. Bake in hot oven until set. Then spread and smooth with the back of a spoon. Put the filling in and bake about fifteen minutes.

### BANANA—PINEAPPLE PIE

Make a whole wheat pie crust (very crisp and well done). Into this put "banana food." When cool put whipped cream on top and garnish with pineapple and a cherry.

Banana food is made by slicing ten bananas in a saucepan with a heaping tablespoon of honey and a third of a cup of water. Cook about fifteen minutes, until soft. Rub through a sieve or beat with an egg beater and let cool. Then add one cup of cream, slightly whipped.

### COTTAGE CHEESE PIE

1 cup milk.	$\frac{1}{2}$ cup brown sugar or honey.
1 tablespoon of whole wheat flour.	2 eggs.
	1 cake cottage cheese.

Scald the milk. Add sugar or honey and flour dissolved in a little cold milk. Cook until mixture thickens. Then add the eggs and lastly the cheese mixed

with a little cream or milk. Fill the pie and bake until the cheese custard is firm. Do not use a top crust.

### CRANBERRY AND PRUNE PIE

- |                             |   |
|-----------------------------|---|
| 1½ cupfuls cranberries.     | 1 cup prunes.                             |
| ¾ cup honey or brown sugar. | 1 tablespoon of whole wheat pastry flour. |
| 1 tablespoon butter.        |   |

Cut cranberries in half. Steam prunes and cut in small pieces. Mix both. Add honey and flour.

Line pie plate with whole wheat pastry and pour in above mixture. Dot with butter. Over the top place strips of pastry. Bake in a quick oven for about twenty minutes.

### CREAM PIE

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 cupfuls of sweet cream.   | 1 tablespoon whole wheat flour. |
| 2 eggs.                     | Flavor to suit.                 |
| 1 cup brown sugar or honey. |                                 |

Beat the eggs well. Add the sugar or honey and the flour. Beat again until smooth. Add the cream. Bake in a moderate oven. Whipped cream or meringue over the top is especially fine.

### LEMON PIE

*I*

- |  |                         |
|--|-------------------------|
| Grated rind of 1 lemon.                              | 2 egg yolks.            |
| ⅞ cup of honey.                                      | Juice of 1 lemon.       |
| 2 tablespoonfuls (rounded) whole wheat pastry flour. | 1¼ cupfuls cold water.  |
|  | Butter, size of walnut. |

Cook in double boiler. Bake crusts. Then put in mixture. Cover with whites of eggs beaten stiffly and sweetened with honey. Brown in hot oven.

When removed from hot oven, do not change the temperature suddenly as this causes the meringue to shrink and to become tough.

2

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 cup brown sugar<br>or honey.     | 2 eggs.                     |
| 1 cup whole wheat<br>bread crumbs. | 1 cup cold water.           |
|                                    | Juice and rind of 1 lemon.  |
|                                    | 2 tablespoonfuls of butter. |

Cover the crumbs with the water. Let soak for twenty minutes. Add the egg yolks, slightly beaten, the juice and the grated rind of lemon, the melted butter, and sugar or honey. Mix thoroughly. Line pie pan and pour in the filling. Bake thirty minutes in a moderately hot oven. Cover with meringue.

### RHUBARB PIE

- |                     |   |
|---------------------|---|
| 1½ cupfuls rhubarb. | 2 tablespoonfuls whole<br>wheat pastry flour. |
| ⅞ cup honey.        |   |
|                     | 1 egg.  |

Skin and cut rhubarb in half-inch pieces before measuring. Mix honey, flour and egg. Add to rhubarb. Bake between crusts.

## MISCELLANEOUS DESSERTS

### APRICOT SNOW

Steam the apricots. Rub them through a sieve. Sweeten to taste with honey. Beat two egg whites to a stiff, fine froth. Then whip in the apricot pulp very gently. Serve cold in sherbet glasses. Use the juice as a sauce.

### APPLE SNOW

Bake juicy apples until soft and brown. Then remove skins and cores. When cool, beat the pulp smooth and fine. Add half a cup of honey or brown sugar and the white of one egg. Beat until the mixture will hold on the spoon. Serve with or without any preferred sauce.

### CHESTNUT DESSERT

Boil chestnuts in jackets for about ten or fifteen minutes. Peel while still hot. Steam chestnuts until

tender. Serve with cream, apple sauce or with any sweet fruit.

The steamed chestnuts may be put through a sieve or colander and served with whipped cream.

#### CUBBISON DELIGHT

- |                        |                             |
|------------------------|-----------------------------|
| 2 dozen Cubbison whole | 1 cup cocoanut (health).    |
| wheat crackers.        | 1½ cupfuls brown sugar or 1 |
| 3 eggs.                | full cup honey (we use      |
| ¼ pound sweet butter.  | the honey).                 |
|                        | 1 cup milk.                 |

Beat the whites of the eggs to a stiff froth. Grind the crackers to fine cracker dust. Cream the honey and butter. Add the egg yolks, cocoanut, cracker dust and milk. Mix well. Fold in the beaten whites of the eggs and pour into buttered cake pans. Bake in a moderate oven from twenty to thirty minutes. Use any type of baking dish desired. Even individual molds will be suitable. Serve with whipped cream, or with crushed strawberries, sweetened with a bit of honey, or with banana sauce made by beating bananas to a pulp and adding honey to taste.

#### FROZEN DESSERT

Combine three cupfuls loganberry juice and three cupfuls cream, whipped stiff. Add honey to sweeten. Freeze to suit, in pans in electric refrigerator.

#### DATE DESSERT

Mix one cup chopped dates with one pint whipped cream. Sprinkle nuts over the top.

#### DATE DESSERT

Soak one pound dates in warm water for ten minutes, remove stones, drain the juices, and mix pulp with grated cocoanut. Serve with the juice, adding a little lemon juice. Garnish with nut meats.

## DATE AND COCOANUT DESSERT

About one pound of dates, stoned and cut fine. Butter baking dish. Sprinkle alternate layers of chopped dates and shredded cocoanut until you have used up the dates. Use plenty of cocoanut or it will be too sweet.

Beat one egg. Mix with a pint of milk. Pour this over the dates and cocoanut. Bake in a slow oven about thirty minutes or until brown on top.

Serve hot or cold with cream.

## DATE—BANANA WHIP

Dates.

Chopped nuts.

Bananas.

Whipped cream.

Steam dates. Then put through a sieve or colander. Beat bananas to a pulp or put through the sieve. Mix both together. Add nuts. Fold in the whipped cream. Serve in high glasses. The bananas may be sliced over this dessert instead of being mixed with it. Then top the whole with whipped cream sprinkled with nuts.

## PRUNE WHIP

1 pound prunes.

1 pint whipped cream.

1 cup chopped nuts or less (if desired).

Soak prunes over night. Steam until tender. Remove pits. Mash. When cool, fold in some of the whipped cream. Add the nuts. Serve in sherbet glasses. Garnish with whipped cream and nuts.

## RICE SNOW

1 quart sweet milk.

$\frac{1}{2}$  cup raw sugar

5 tablespoonfuls brown  
rice flour.

or honey.

Whites of 4 eggs.

Bring milk to a boil. Moisten rice flour and stir it with milk. Add sugar or honey. Let cool. Beat whites of eggs well and stir in mixture, a little at a time. Pour into molds. Serve with cream or fruit sauce.

## RICE AND PINEAPPLE DESSERT

To one cup cold steamed rice add a cup of chopped pineapple. Serve in sherbet glasses topped with whipped cream and cherries or strawberries.

## RHUBARB PARFAIT

Wash and peel rhubarb. Cut in small pieces. Place a layer of sliced rhubarb on the bottom of baking dish. Drip honey over it. Then a layer of dates, sprinkled with nuts. Over this, a layer of sliced bananas. Repeat until you have used up ingredients. The amount of each ingredient used depends upon number of people. (One may omit nuts or bananas.) Bake in oven about half an hour. Serve in high glasses with or without whipped cream.

## MOCK STRAWBERRY DISH

Cut ripe peaches in small pieces. Mix with mild ripe apples cut in cubes, using three peaches to each apple. Honey to taste. Let blend for two or three hours. This gives the dish the flavor of strawberries.

## CRANBERRY FRAPPE

Cranberries.

Honey.

Steam cranberries. Put them through a sieve. Sweeten with honey. Treat as in recipe for apple cider frappe.

## APPLE CIDER FRAPPE

Heat one pint sweet cider to boiling point. Let boil two minutes. Skim and strain through double cheese cloth. Chill. Turn into freezer and let freeze to a mush by using equal parts of rock salt and ice, or turn the mixture into one of the pans in the electric refrigerator and let it remain until the desired consistency is attained. Serve in stem glasses. Garnish with a sprig of mint.



## SANDWICHES

### *About Sandwiches:*

1. Twenty-four-hour-old bread is best for sandwiches.

2. If not using regulation sandwich loaf, cut loaf in half. Butter each cut surface and cut off a thin slice from each half. Cover one piece with filling and fit the other over it, pressing them well together. Cut into squares, strips or triangles. Continue to use a piece from each half to form sandwiches. They will then fit.

3. Cream the butter before using. If desired, mix minced parsley, onion, etc., into it.

4. Prepare ingredients ahead of time but put sandwiches together just before serving.

5. When using mayonnaise, prepare sandwiches just before serving.

6. Rolled sandwiches: Butter thin slices of whole wheat sandwich bread. Roll from a corner tightly and gently around a sprig of watercress, letting leaves show through at both ends. Hold together with toothpicks, if necessary.

### TO KEEP SANDWICHES MOIST

1. Place sandwiches on a plate covered with lettuce leaves, and cover with dampened lettuce leaves.

2. Wrap sandwiches in damp napkin or in waxed paper. Place in a stone jar in a cool place. Wring a towel out of cold water. Cover plate of sandwiches. Set in a cold place.

## AVOCADO SANDWICHES

### I

Mash the flesh of the avocado and spread thickly on toast or between thin slices of bread and serve as sandwiches.



2

Mix avocados with mayonnaise or with any preferred dressing. Use as filling on a crisp lettuce leaf.

3

Ripe olives, chopped and mixed with avocados, make a good filling.

4

Use avocados mixed with mayonnaise as a butter on thin slices of whole wheat bread. Then place sliced tomato over this and close the sandwich.

#### MRS. WESTERMAN'S BEAN SANDWICH

Mash baked beans. Mix with chili sauce and chopped green pepper or with chopped green onion. Spread thickly between thin slices of Russian rye bread. (Delicious, but not too wise.)

#### CARROT AND RAISIN SANDWICH

Put one carrot and two tablespoonfuls seedless raisins through meat grinder, using fine cutter. Moisten with mayonnaise and spread between thin slices buttered whole wheat bread, with a few leaves raw spinach or watercress, or crisp lettuce.

#### SANDWICH SPREAD

Carrots, celery and apples grated together and put between lettuce leaves and then between thin slices of whole wheat bread.

#### APPLE AND NUT SANDWICH

Cut apples into very thin slices and lay between whole wheat wafers. Slice Brazil nuts and place a layer of nuts over the apples.

#### SANDWICHES

Apples and onions grated or ground up with mayonnaise, on whole wheat bread or rye bread.

## CHEESE SANDWICHES

Whole wheat or rye toast may be used for any of the cheese sandwiches (if desired).

1

Grate American cheese. Mix with mayonnaise. Spread thickly on buttered whole wheat bread (or toast). Over this a layer of watercress or shredded lettuce. Close sandwich.

2

Cream cheese mixed thoroughly with a finely cut-up pimiento. Add a little cream to make a paste. Place between whole wheat bread on lettuce leaf.

3

Mince onion and parsley. Mix thoroughly with cream cheese and chopped nuts. Use thin buttered slices of rye bread or Cubbison's Whole Wheat for sandwich. Lettuce or watercress may be used.

4

Cream cheese or cottage cheese mixed with finely cut-up ripe olives and nuts make a good filling, as do finely chopped green onions and peppers mixed with the cheese.

5

Cream or cottage cheese mixed with jam is a good filling.

6

Melt American cheese (steam it). Add mayonnaise to form a paste. Cut pimientos fine into this. Let cool.

7

Mix equal parts of cream, cottage or other desired cheese with chopped walnut meats. Season with mayonnaise or jelly. Spread between the buttered layers of whole wheat or rye bread. Crisp lettuce leaves may be used.

## TOASTED CHEESE SANDWICHES

- |                                    |                         |
|------------------------------------|-------------------------|
| 1½ cupfuls grated American cheese. | ½ teaspoon mustard.     |
| 1 tablespoon melted butter.        | ¼ teaspoon paprika.     |
| ½ cup milk.                        | 1 teaspoon celery salt. |
|                                    | 1 egg.                  |

Mix all ingredients until a paste is formed. Spread between slices of hot buttered toast. Ripe olives may be used as a garnish.

## TOASTED TOMATO CHEESE SANDWICH

- |                             |                              |
|-----------------------------|------------------------------|
| 1 tablespoon chopped onion. | 4 tablespoonfuls whole wheat |
| ½ chopped green pepper.     | pastry flour.                |
| 1 cup tomato, cut up.       | 3 tablespoonfuls butter.     |
| 1 teaspoon mustard.         | 4 slices whole wheat bread.  |
| ½ teaspoon celery salt.     | 4 slices cheese, size of the |
| ¼ teaspoon paprika.         | bread.                       |

Brown the onion and green pepper in part of the butter. Add tomatoes and stew until green pepper is tender. Add the seasoning, the flour and remaining butter. Cook until thick. Toast one side of bread. Place slice of cheese on other side and toast until cheese and bread are golden brown. Pour sauce over toast and serve hot.

## SAVORY SANDWICHES

- |                          |                                 |
|--------------------------|---------------------------------|
| 2 tablespoonfuls butter. | 4 teaspoonfuls Roquefort cheese |
| 2 teaspoonfuls mustard.  | 2 teaspoonfuls lemon juice.     |

Beat all ingredients until smooth and creamy. Spread on buttered whole wheat toast or bread, or on crackers. Serve with salads.

## LEMON HONEY SANDWICHES

- |                               |         |
|-------------------------------|---------|
| 1 cream cheese.               | Bread.  |
| 4 tablespoonfuls lemon honey. | Butter. |
|                               | Nuts.   |

Work cheese until soft. Add lemon honey. Mix. Cut whole wheat bread in thin slices and butter. Spread with mixture. Put together in pans. Cut in triangles or strips. Chopped nuts may be added.

### CLUB SANDWICHES

#### 1

Toast three slices of rye bread. Spread with butter or peanut butter and cover with crisp lettuce leaves. Cover second slice with cream cheese and thin slices of tomato. Butter third slice and cover with sliced cucumbers and mayonnaise. Serve on lettuce leaves and garnish with mayonnaise on side, red radishes and a stick of stuffed celery. If desired, trim or cut sandwich in diamond shape and cut in half.

#### 2

Toast rye or whole wheat bread and butter. On each piece place a slice of onion, green pepper, tomato and cucumber. Over this spread mayonnaise. If desired, place green pepper and onion on one slice, tomato and lettuce on another and cucumber on the third. Plenty of mayonnaise on each slice. Cut in half. Serve with ripe olives and red radishes on the side.

#### 3

Apple sauce, whipped cream and chopped nuts make a good filling for whole wheat toast if served as soon as made.

### CUCUMBER CLUB SANDWICH

Place a lettuce leaf on buttered whole wheat or rye bread. On this place a layer of sliced cucumber; over this a slice of tomato. Sprinkle with minced onion, a layer of mayonnaise. The bread may be toasted for this. Boston bread buttered is fine in this sandwich.

### AN EGG CLUB SANDWICH

*(This recipe makes three sandwiches.)*

2 hard-cooked eggs,  
chopped fine.

2 cucumbers, chopped  
fine.

Add thousand island dressing and mix all together. Toast three slices of whole wheat bread. On one slice of buttered toast place a crisp lettuce leaf and the above mixture. On the next, place a slice of tomato and the above mixture. Olives may be served on the side.

### CUCUMBER SANDWICHES

1

Slice a large cucumber lengthwise. To raw peanut butter, add a little cow's cream or cocoanut cream and a tiny speck of garlic, well mashed. Mix well. Put between slices of cucumber. Hold together with tooth-picks.

2

Slice cucumber. Chop ripe olives. Mix with mayonnaise. Use on buttered whole wheat or rye bread.

3

Chop a cucumber fine. Place it in a cloth and squeeze out all of the moisture. Then mix with mayonnaise dressing and spread on a lettuce leaf between buttered slices of whole wheat bread.

### FRUIT SANDWICHES

Remove stems of dried figs. Chop fine. Add very little water. Steam until paste is formed. Add few drops of lemon juice. Sprinkle with finely chopped nuts of any kind. Use as a spread over buttered whole wheat or rye bread.

### FRUIT SANDWICHES

Put raisins, dates, figs and nuts through chopper. Moisten with lemon juice, or prune juice. Use as filling or with nut butter thinned with water.

### FIG AND NUT SANDWICHES

Chop walnuts and figs fine and spread between slices of buttered whole wheat bread. Add sprigs of watercress or raw spinach seasoned with lemon French dressing.

### DATE AND FIG SANDWICHES

#### 1

Put dates or figs through chopper after washing them thoroughly. Serve between slices of whole wheat bread. Ground nuts may be added.

#### 2

Use one-half cup of stoned dates, one-half cup of English walnuts, chopped fine and rubbed to a paste with one-half cup mayonnaise dressing. Spread between thin slices of whole wheat bread.

### LETTUCE SANDWICHES

Wash and thoroughly dry fresh, crisp lettuce leaves. Put between thin slices of whole wheat buttered bread or toast, with a teaspoon of mayonnaise on each leaf.

Plain lettuce sandwiches with mayonnaise or without.

Grind up pecan nuts. Add to mayonnaise. Spread on bread and place lettuce leaf between.

Grind pecans (or butternuts) and ripe olives together. Mix with mayonnaise. Spread on buttered bread, using lettuce leaf between.

### MOTHER'S SANDWICHES

Chop together—one small onion, one cucumber and two green peppers. Mix with mayonnaise dressing. Place on slices of whole wheat bread on a lettuce leaf and serve.

## MARMALADE OR JELLY SANDWICHES

*I*

Butter both sides of bread. Spread orange marmalade (made with honey instead of sugar) between each two slices. Then place in a pan and crisp in hot oven. Serve at once.

*2*

Use whole wheat bread thinly cut and buttered. Spread with marmalade or jelly. Sprinkle with finely cut walnuts. Cover with thinly cut slices. If desired, remove crusts. (Save crusts and grind into bread crumbs.)

## TOASTED MARMALADE SANDWICHES

Cut bread thin. Butter. Spread lightly with marmalade. Put slices together. Toast. Cut in half triangularly and serve at once.

## NUT AND RAISIN SANDWICHES

Put through the food chopper one cup of seeded raisins and one-half cup of nut meats. Mix with one-half cup of mayonnaise dressing. Heat the mixture and stir until smooth. Put a layer of this between slices of buttered whole wheat bread.

## RIPE OLIVE SANDWICHES

Remove the pits from olives. Chop fine with nuts and place between thin whole wheat wafers.

## NUT SANDWICHES

*I*

Grind walnuts or pecans and olives fine. Mix with small amount of mayonnaise dressing and put between whole wheat bread with lettuce.

*2*

Chop English walnuts fine, use enough mayonnaise to make a paste, and spread between thin slices of whole wheat bread.



## PEANUT BUTTER SANDWICHES

1

$\frac{1}{2}$ cup peanut butter.	3 tablespoonfuls hot water.
$\frac{1}{3}$ cup chopped ripe olives.	1 teaspoon mustard.
	$\frac{1}{2}$ teaspoon celery salt.

2

Spread peanut butter and chopped olives on lettuce leaves and roll. Hold together with toothpicks. Chill on ice and serve with thin wafers.

3

Shell fresh roasted peanuts and put them through a food chopper. Mix with mayonnaise dressing and spread the mixture between buttered slices of whole wheat bread.

## RAISIN SANDWICHES

A sweet sandwich that will be appreciated either at luncheon or at a picnic is made by grinding seeded raisins through a food grinder and adding enough mayonnaise to make it spread. This makes a good firm paste which will hold together very dainty slices of bread.

## SANDWICH FILLINGS

1. Take equal parts of chopped onions and sweet green peppers. Add a few nuts.

2. Mince hard-cooked eggs, onion and parsley mixed with mayonnaise. Make a good filling. Use lettuce between sandwiches.

3. Green onions, radishes and green peppers chopped fine with mayonnaise on lettuce make a good filling.

4. Mix ripe olives chopped fine with a little onion juice, two hard-cooked eggs and mayonnaise. Butter bread well. Spread on lettuce leaves.

# SANDWICHES

1. Green peppers and onions, chopped fine, dressing. (Rye bread and butter.)
2. Green pepper (chopped), cream cheese and sour cream. (Rye bread and lettuce.)
3. Green pepper (chopped), seedless raisins (chopped), dressing. (Whole wheat bread and lettuce.)
4. Green pepper cut in strips, thinly sliced tomato, lettuce leaves. (Rye bread and butter.)
5. Grated young beets (raw), and cream cheese. (Buttered whole wheat toast.)
6. Steamed sliced young beets, and cream cheese. (Buttered whole wheat bread.)
7. Celery (chopped fine) mixed with cream cheese and cream. (Rye or whole wheat bread, toasted.)
8. Chopped raisins, nuts and cream cheese. (Whole wheat bread, buttered.)
9. Cottage cheese, cream, ground nuts. (Buttered whole wheat bread and lettuce leaves.)
10. Chopped ripe olives and nuts, cream cheese. (Buttered rye bread and lettuce leaves.)
11. Peanut butter, cream cheese, dates. (Whole wheat bread.)
12. Lettuce leaves, sliced tomatoes, cottage or cream cheese. (Rye bread.)
13. Chopped ripe olives and nuts, dressing. (Rye bread.)
14. Peanut butter, dates (cut up), lettuce leaves. (Whole wheat bread.)
15. Dates and nuts (chopped), mayonnaise. (Buttered whole wheat bread and lettuce leaves.)
16. Cucumbers sliced, dressing. (Buttered rye or whole wheat bread.)
17. Chopped nuts and onions mixed with cottage cheese.

## CHAPTER XVII

### DRINKS OR BEVERAGES

#### VEGETABLE JUICES

These are especially good for a weak stomach.

##### CELERY, PARSLEY AND TOMATO JUICE

Take equal parts of celery and parsley and one tomato. Grind and strain through cheese cloth and serve not more than one-half tumblerful. If too strong, it may be diluted with a little water.

##### SPINACH AND CARROT JUICE

Take two carrots and a bunch of spinach. Grind very fine and strain through cheese cloth. Serve as in No. 1.

##### CELERY, SPINACH AND PARSLEY JUICE

Equal parts of celery, spinach and parsley. Grind fine, strain as for Nos. 1 and 2 and serve.

##### CELERY AND CARROT JUICE

Take two carrots and one stalk of celery. Grind fine and proceed as for Nos. 1, 2 or 3.

##### RHUBARB TONIC JUICE

Four tablespoonfuls rhubarb juice, an equal amount of water, one teaspoon beet juice (this will give it a pleasing pink color), one teaspoon honey. Stir well and serve. (A good laxative.)

##### TOMATO TONIC DRINK

One-half glass strained tomato juice. Fill the glass with cold water. Stir well and serve. A few crushed

mint leaves or a teaspoon of lemon juice or honey added to this may improve it for some.

#### ALMOND MILK

One tablespoon almond butter, five tablespoonfuls cool water, one-half teaspoon honey. Add the water to the almond butter gradually, stirring well to remove lumps. Then add the honey, beating until smooth and frothy.

#### ANY NUT CREAM AND MILK

Add water to nut butter, a little at a time until of the consistency of milk.

Almond milk is made this way. Use unroasted almonds. Add a little honey or fruit juice to vary the flavor.

#### COCOANUT MILK

Grate or grind fresh cocoanut. Pour boiling water over it, cup to cup, or two cupfuls boiling water to one cup cocoanut. Mix well and strain. Add hot water again and strain. Use as drink or for sauces. Stir before using.

#### SOY BEAN MILK

1 cup soy bean flour.

2 quarts water.

Mix the soy bean flour well with water and boil this for five minutes, taking care not to let it burn. Then strain through a cloth. This milk has been proved to be the same as cow's milk in its food value and appearance, and adding a little honey, it tastes similar.

#### ORANGE WHEY

Juice of 1 orange.

1 pint sweet milk.

Mix and heat slowly until curds form. Strain and cool.

#### JELLY DRINKS

Dissolve sour jellies in water.

**OATMEAL TEA**

2 tablespoonfuls raw oatmeal. 1 quart cold water.

Mix together. Let stand two hours in a cool place. Use as wanted. Nourishing.

**RICE GRUEL**

2 tablespoonfuls brown rice. 1 quart cold water.

Cream. Celery salt.

Steep rice and water slowly for about an hour. Strain through large strainer. Add a little cream and celery salt to taste.

**RICE FLOUR GRUEL**

Moisten one tablespoon rice flour and stir it into boiling water. Let cook five minutes. Season to taste.

**LEMONADE**

To one glass of cold water add juice of one-half lemon and one teaspoon honey (or honey to taste). Cool in refrigerator.

**HOT LEMONADE**

Same as above, only use hot water.

**GRAPE JUICE LEMONADE**

4 lemons. 3 cupfuls water.

2 cupfuls fresh grape juice. 1 cup brown sugar or honey.

Mix sugar or honey with lemon juice. Add water and grape juice. Pour into pitcher containing ice and stir thoroughly.

**BERRY DRINKS**

Elderberries, strawberries, raspberries, blackberries, cherries, after they are pitted, and grapes may be put through fruit juicer and sweetened to suit taste with honey. Water may be added, if too concentrated. Serve cold.

## FRUIT NECTAR

This may be obtained by pressing the juice from blackberries, red raspberries, strawberries, grapes (fully ripe), pitted apricots, etc. Strain the juice and dilute one-third to one-half with cold water. A little honey may be added, as desired, if not sweet enough.

*About Drinks:* To prepare fruit juices, crush fresh ripe uncooked fruits. Pour water over them. Let stand for awhile and strain.

Use a potato ricer to press out juice of grapes, berries and other small fruits.

*To Prepare Fruit Nectars:* Fruit juices, plain or mixed, plus water, lemon juice and honey. Boil three or four cupfuls of water with one-half cup of honey. Add one-half cup lemon juice. Cool. Slice or cube fruits. Pour syrup over them and let stand about half an hour before serving.

## APPLE DRINK

Slice or chop apples. Pour water over them and let stand.

## CRANBERRY JUICE

Crush or grind four cupfuls of cranberries. Pour four quarts of boiling water over it. Strain, add honey and cool.

## FIG DRINK

Cut up figs, soak over night. Strain.

## PRUNE, RAISIN AND FIG DRINK

Steam two pounds of fruit. Cut up with six cupfuls of water. Strain and use liquid, hot or cold.

## RAISIN DRINK

Chop raisins or put them through a grinder. Soak over night. Strain.

## FRUIT DRINK

2 glassfuls orange juice.	2 glassfuls lemon juice.
2 glassfuls pineapple juice.	4 glassfuls water.

Honey to suit taste. Serve cold.

**LEMON AND ORANGE DRINK**

To one quart of water add the juice of four lemons, juice of four oranges. Sweeten to suit taste with honey (perhaps four tablespoonfuls). Serve cold.

**ORANGE PINEAPPLE DRINK**

Juice of 3 oranges.	2 cupfuls water.
Juice of 1 lemon.	$\frac{3}{4}$ cup brown sugar or
1 cupful pineapple juice.	honey.
1 quart ice water.	

Boil two cupfuls water with three-fourths cup of brown sugar or honey for four or five minutes. Cool. Add all other ingredients. Serve cold. (Makes nine glassfuls.)

**ORANGEADE**

Squeeze juice from oranges. Strain. Dilute. Cool.

**PRUNE DRINK**

Soak prunes twenty-four hours. Drain. Cool juice and sweeten, if necessary.

**RHUBARB DRINK**

Stew rhubarb and strain. Add boiling water to dilute (according to taste). Add honey to taste. Cool. Place in refrigerator.

**FRUIT COCKTAILS***1*

Cut fine—grapefruit, oranges, pineapple and banana. Add lemon juice and honey to suit taste. Serve cold in tall glasses.

*2*

Apples, bananas, orange, grapefruit, pineapple. Cut up apple (with skin), add balance of fruit, mix with plenty of orange juice and sweeten with honey. Shredded cocoanut may also be added, if desired.



## 3

Pineapple.  
Peaches.

Grapes.  
Orange juice.

Cut the fruits in small pieces and blend the juices. Mix all together and serve cold in tall glasses.

## 4

Grapefruit.

Oranges.  
Pineapple.

Separate grapefruit and oranges into sections. Remove all skin. Cut up fine. If desired, add pineapple cut up. Sweeten with honey to taste. Serve in cocktail glasses. Garnish with a sprig of mint.

## 5

1 cup honey or brown  
sugar.  
 $\frac{1}{2}$  cup fresh grated cocoa-  
nut.

1 pineapple.  
 $\frac{1}{2}$  cup orange juice.  
 $\frac{1}{2}$  cup grapefruit.  
 $\frac{1}{2}$  cup water.

Boil honey or sugar and water for five minutes. Cool. Add fruit juices. Cut fresh pineapple into balls with potato scoop or into cylinders with apple corer, or into cubes. Put in cocktail glasses. Sprinkle with the cocoanut. Pour syrup over this.

## 6

1 cup seedless grapes (or  
large malaga grapes,  
seeded and skinned).  
 $\frac{1}{2}$  cup orange juice.

Honey.  
1 cup orange sections.  
1 cup pineapple cubes.  
 $\frac{1}{2}$  cup pineapple juice.

Dash of celery salt.

Remove membrane from orange sections and cut up. Mix grapes, oranges and pineapple, the juices and honey to suit taste. Keep on ice until ready to serve. Serve in champagne glasses. Garnish with cherries or with strawberries.

## AVOCADO, ORANGE OR GRAPEFRUIT COCKTAIL

1

Cube avocado. Mix with equal parts of orange or grapefruit cut up with all pulp removed. Serve in high glasses as a cocktail.

2

The grapefruit may be separated into segments with all skin and pulp removed and served in cocktail glasses with equal parts of avocado sliced the same way. A bit of lemon or lime may be squeezed over this.

## VALENTINE COCKTAIL

White cherries.	Cubes of pineapple.
Sections of grapefruit.	Pineapple syrup.
Cherry syrup.	Lemon juice.

Bit of celery salt.

Arrange in glasses cherries, cubes of pineapple and sections of grapefruit. Over each cocktail pour a mixture of one tablespoon pineapple syrup, cherry syrup, lemon juice, a teaspoon of honey, if necessary, and celery salt.

Garnish with mint leaves and with berries in shape of heart, or red cherries. Serve cold as first course at luncheon or dinner. Oranges may be substituted for grapefruit and seedless grapes for white cherries.

## FOUR FRUIT COCKTAIL

Pineapple.	Grapefruit (small size).
Persimmons.	Avocado.

Make a basket of the grapefruit shell, cutting basket and handle in one or make two baskets out of each grapefruit, using handles of pimiento or green pepper strips. Picot edges of baskets. Fill with a mixture of pineapple and avocado cubed and grapefruit pulp. Over this pour pineapple juice and persimmon mixed. (If desired, sweeten with honey.)

## SYRUP

Syrup to sweeten fresh fruit juice, cocktails and punches may be made by boiling gently together equal amounts of brown sugar and water, or honey and water. Stir until sugar dissolves and let cool about ten minutes without stirring. Keep in glass jar to be used when needed.

## PUNCH

*About Punch:* Slices of fruit such as peaches, oranges, lemons or bananas may be added to the punch. Cherries, strawberries, seeded grapes, sliced or crushed pineapple are excellent garnishes. In serving, put a little of the fruit in each glass or cup. If tall glasses are used, slit a slice of orange or lemon and place it on the rim.

Sprigs of mint may be used as a garnish in certain punches. Always serve punch cold.

## CHERRY PUNCH

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 cup cooked or raw cherries.   | $\frac{1}{4}$ cup pineapple juice. |
| $\frac{1}{4}$ cup lemon juice.  | 6 tablespoonfuls syrup or          |
| $\frac{1}{2}$ cup orange juice. | 11 tablespoonfuls raw cherries     |
| 1 cup water.                    |                                    |

Combine ingredients. Add ice. Chill and serve. (This makes four and one-half cupfuls.) Vary as in grape punch.

## FRUIT PUNCH

- |                                      |  |
|--------------------------------------|--|
| 1 glass of orange juice.             | 2 glassfuls of lemon juice.                          |
| 2 glassfuls of crushed strawberries. | 1 small pineapple, put through ricer or fruit press. |
| Add honey and water to suit taste.   |  |

## GRAPEFRUIT PUNCH

- |                                 |                           |
|---------------------------------|---------------------------|
| 1 cup grapefruit juice.         | 2 tablespoonfuls lemon or |
| $\frac{1}{2}$ cup orange juice. | lime juice.               |
| $\frac{1}{4}$ cup cherry juice. | $\frac{1}{4}$ cup syrup.  |
| 1 cup water.                    |                           |

Combine ingredients. Chill and serve. Garnish as in grape punch. (Makes four cupfuls.)

## GRAPE PUNCH

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 cup grape juice.              | 6 tablespoonfuls lemon juice. |
| $\frac{1}{2}$ cup orange juice. | 6 tablespoonfuls syrup.       |
| 1 cup water.                    |                               |

Combine these ingredients. Add ice. Serve. (Makes five cupfuls.)

Vary (1) by using lime juice instead of lemon, or parts of each; (2) by using the following spices: Half a teaspoon cinnamon, thirty-six whole cloves, one-eighth teaspoon nutmeg. Boil in the water five minutes and strain; (3) garnish with sliced fruits or with sprigs of mint.

## ORANGE PUNCH

- |  |                              |
|--|------------------------------|
| 1 cup orange juice.                    | $\frac{1}{4}$ cup pineapple. |
| $\frac{1}{2}$ cup lemon or lime juice. | $\frac{1}{4}$ cup syrup.     |
| 1 cup water.                           |                              |

Mix ingredients. Chill and serve. This equals four and one-half cupfuls. Garnish as in grape punch.

## PINEAPPLE GRAPE JUICE PUNCH

- |   |                    |
|---|--------------------|
| 1 cup brown sugar or honey                        | 1 pint water.      |
| $\frac{1}{2}$ fresh pineapple or 1 can pineapple. | 2 cupfuls water.   |
|   | Juice of 2 lemons. |
| 1 pint grape juice.                               |                    |

Boil the sugar or honey with two cupfuls water for a few minutes. Cool. Add fresh pineapple, shredded or the juice of a can of pineapple and half the pulp, finely chopped. Add lemon juice, water and grape juice. Chill by setting pitcher containing it on ice or by pouring it over ice in punch bowl. (Makes eight glassfuls.)

## RAISIN PUNCH

Wash one package of seedless raisins and put in a kettle with one quart of water. Boil about three minutes, take off fire and add a small piece of stick cinnamon. When cool, strain through a clean cheese cloth, squeezing out the raisins. This is a good substitute for cider, also a delicious drink to serve at children's parties as it is unfermented.

## RHUBARB PUNCH

1

4 cupfuls rhubarb.

4 cupfuls water.

Dash celery salt.

1½ cupfuls orange juice.

4 tablespoonfuls lemon juice.

Cut rhubarb in small pieces. Cook with water until fruit is soft. Strain through double thickness of cheese cloth. Add orange juice, lemon juice, brown sugar syrup and celery salt. Serve ice cold. (Serves six.)

2

1 cup rhubarb juice.

½ cup orange juice.

6 tablespoonfuls lemon juice.

3 tablespoonfuls syrup.

1 cup water.

May be varied the same as grape punch.

Steam three cupfuls cut rhubarb, one cup honey or brown sugar and one cup water about thirty minutes. Strain. Combine one cup strained rhubarb juice with the other ingredients. Chill and serve. (This makes four cupfuls.)

## STRAWBERRY PUNCH

1 cup fresh strawberries.

½ cup orange juice.

1 cup water.

6 tablespoonfuls lemon juice

¼ cup syrup and 5 table-  
spoonfuls (if cookedfruit is used, 5 table-  
spoonfuls less syrup).

Loganberries, blackberries or raspberries may be used instead of strawberries.

Combine ingredients. Chill. Serve. (This makes four and one-half cupfuls.) If fresh berries are used, crush and press through a sieve and use an additional five tablespoonfuls of syrup. Vary and garnish as in grape punch.

## FRUIT PUNCH

1 cup grape juice.

1 cup orange juice.

6 tablespoonfuls lemon juice.

¼ cup syrup.

½ cup crushed pineapple.

1½ cupfuls water.

Combine ingredients. Add ice. Chill and serve. Vary and garnish as in grape punch. (Makes five and one-half cupfuls.)

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